



Course Syllabus

The Bulletproof
Career Rebellion



Prepared By:
The Professional Rebellion

Purpose:

Break through limiting beliefs, determine what you want, and clarify what your Ideal Day looks like.

Mission 1: The 5 Ideals

At The Professional Rebellion, we believe that everyone can have their Ideal Career. We accomplish this by working toward The 5 Ideals. These Ideals are going to look very different for all of us, but they unlock career freedom for each individual. That's because these ideals develop a career around what is truly important to us and allow us to live a life that upholds our highest values in both or professional and personal lives.

Mission 2: Dream Big

We believe that your Ideal Career starts with allowing yourself to dream big -- uninhibited and freely.

Action Steps

1. Find Your Ideal Action Point- Dream Big portion
2. Post the draft of your Ideal Day

Mission 3: Uncover Your Career Characteristics

Now that you have your Ideal Day/Career, it is essential to breakdown the components. Knowing these elements will allow you to take actionable steps toward creating the career you want.

Action Steps

1. Complete the Find Your Ideal Action Point- Career Characteristics portion
2. Post the characteristics of your Ideal Day to the group

 **Week 1 will take approximately 1.5 hours to complete (30 minutes of video and 60 minutes for action points)**

Purpose:

You will determine where you are, establish your physical foundation, and check to make sure you are moving forward with the right mindset.

Mission 1: Your Current Location

We believe that where you're going requires knowing where you're coming from. Mission One allows you to gauge where effort is needed to create a effective and also efficient plan.

Action Steps

1. Complete your Professional Vital Signs Assessment and record your section scores on the score sheet
2. Post your two lowest areas (you don't need to provide your score) and your reaction to those scores.

Mission 2: Physical Foundation

We believe that a solid foundation allows you to build your Ideal Career. Without one, your efforts will be unnecessarily difficult and won't be sustainable. This Mission ensures the work you do is strengthened by a sound platform.

Action Steps

1. Determine what actions you will take to improve your physical domain.
2. Post below what you are going to do.
3. Start

Mission 3: The Rebel Mindset

Your mindset has the power to work for you... or against you. Professional Rebels understand the tremendous power that their thoughts have on their actions. The Growth Rebel Mindset may be the single greatest superpower on the way to your Ideal Career.

Action Steps:

1. Complete the Choose Your Mindset Action Step (Download)
2. Post one thought barrier and its corresponding breakthrough barrier.

 **Week 2 will take approximately 2 hours to complete (30 minutes of video, 20 minutes for Professional Vital Sign Assessment, and 40 minutes for action points)**

**Purpose:**

Who you surround yourself with affects who you are and who you become. Knowing this, it is our opportunity to choose who we spend the most time with.

Mission 1: Secure Your Team

We know that who we do things with is equally as important as what we do. Making sure we have a positive and supportive team around us is powerful when working toward our Ideal Career. To have a positive and supportive team, we need to cultivate a positive and supportive team. We need to go first...

Action Steps

1. Complete the Focus On Your Team Action Point
2. Reach out to that "one person"

Mission 2: The Immersion Principle

If we look at how people achieved their Ideal Career, there is one common principle. One thing that each person describes in one way or another- The Immersion Principle. This is surrounding yourself in the world you want to be in, close to the people you want to be like.

Action Steps

1. Complete the Immerse Yourself section of the Relationships Action Point
2. Post the one thing you are going to do to get started

Mission 3: Viewpoints

Forming a new relationship is difficult for all parties involved. It helps to hear both sides. In this module we explore the mentor/mentee relationship in a question and answer video format.



Week 3 will take approximately 1 hour fifteen minutes to complete (28 minutes of video and 30 minutes for action points)

**Purpose:**

You will uncover how to make tough decisions and stick to them.

Mission 1: Live Your Values

Knowing our values has tremendous power on what we choose to do. When we connect our actions with is truly important to us, we are more likely to stay our course, overcome barriers, and enjoy the journey.

Action Steps

1. Complete your values and rank them in terms of importance
2. Post them to the group

Mission 2: Redefine Your Balance

Work/life balance is not a tug-of-war between two separate things. Your work and your life are interconnected. This Mission gives a new perspective on how to create lasting fulfillment without sacrificing the things that are important to you.

Action Steps

1. Review your Professional Vital Signs particularly Burnout and Refuel
2. Complete the Fuel The Fire Action Point
3. Complete the Re-Framing Action Point
4. Post your Re-Framing response



Week 4 will take approximately 1 hour 20 minutes to complete (20 minutes of video and 60 minutes for action points)



Purpose:

We believe that goals are the secret to directing our hard work, igniting our Why, and leading us to our Ideal Career.

Mission 1: Ready, AIM

Writing goals is half of the battle. The other half is making sure that they are aimed appropriately for optimal results. This Mission focuses on finding the 'sweet spot' and getting the most out of your goals.

Action Steps

1. Review your Dream Big Action Point
2. Complete the AIM Action Point

Mission 2: Fire!

Once you've written goals, you need to ensure that you stick to them. By identifying these three roadblocks and breaking through them, you can be certain to keep your momentum. Make sure that you have completed your rough draft from the previous Mission first.

Action Steps

1. Complete the Fuel Your Goals Action Point to finalize your goals
2. Post the final draft of your goals

Mission 3: Your Next Step

Some never leave where they are because they cannot decide where they'd rather be. Where to go comes down to Clarity in your decision, Currency for your negotiation, and Confidence in your conviction. This Mission gives you your next step.

Action Steps

1. Complete the Next Step Action Point
2. Post how you will increase your Currency
3. Post your Confidence re-framing



Week 5 will take approximately an hour and a half to complete (35 minutes of video and 60 minutes for action points)

Purpose:

You have been gaining momentum throughout the course. This Week is dedicated to making sure that you continue after the novelty has worn off.

Mission 1: See The Shift

Part of where you're going is knowing where you're coming from. This Mission will help you move forward by first looking back. Sometimes we don't recognize the progress we have made and it is always good to appreciate how far we've come.

Action Steps:

1. Re-take the Professional Vital Signs Assessment and compare your initial and current score for each category
2. Celebrate the wins and discuss the areas to improve with the group
3. Fill out the Ideal Career Roadmap

Mission 2: Own The Beginning and The End

Whether you recognize it or not, you've already laid out the path to your Ideal Career. In this mission, we are going to chart the course of that path. We will be revisiting many of the other sections we have done.

Action Steps:

1. Complete the Rule Your Routine Action Point
2. Post when you will wake up and your morning routine to the group
3. Complete your weekly schedule

Mission 3: The Missing Piece

The road to your Ideal Career isn't taken alone. Remember, the top is not the loneliest. Make sure to seek out a Professional Mentor.

Action Steps:

1. Find a Professional Mentor
2. Schedule your free mentor session
3. Participate in the Rebel Elite Community to help keep your momentum



Week 6 will take approximately one hour and forty minutes to complete (40 minutes of video and 60 minutes for action points)

Purpose:

We all get stuck at some point. One second we have momentum and the next we seem to lose it. When this happens, we can get back on track by dialing in.

Mission 1: Becoming an Expert

The path to becoming an expert is only partly about what you do. It also relies heavily on how you do it. This mission looks at what it takes to get there and the reality of the process.

Action Steps:

1. Watch the "Because of 4am" Kobe Bryant (2 minutes) Video
2. Complete the reflection questions in the Action Point

Mission 2: Brave The Journey

The secret to getting your ideal career? Don't follow your dreams. Hear us out, it not what it seems. Braving the journey requires us to take and to make opportunities. This mission looks at how we can do that using the 20% rule.

Action Step:

1. Complete the guided notes and the reflection questions included in the Action Point.

Mission 3: Brave The Journey

The path to your ideal career is not an easy one. We'd be lying if we told you otherwise. But, it is not about the path being easier, it's about you getting better. Use the tactics and strategies of this mission to focus clearly on what will get you to the next level.

Action Step:

1. Complete the Combat Tactic portion contained in the Action Point.



Bonus Module: If you still feel stuck- Dial In will take approximately 1 hour twenty minutes to complete (35 minutes of video and 45 minutes for action points)

