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# FIND *your* THING.

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ESCAPE MONOTONY  
IN YOUR **MID-20'S**  
& **DO WORK**  
THAT MATTERS

LISA ZELENAK

Lisa Zelenak

Find Your Thing: Escape Monotony in Your Mid-20's & Do Work That Matters



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ve chosen your path? Are you questioning whether or not you're sense frustrated in existence? Are you stopping you from living a life that counts? Haven't found your point yet. In this reserve, you're going to find clarity that may bring you a fresh level of fulfillment. Find Your Thing is definitely for the youthful professional in your mid twenties feeling lost and trapped in your current job. You possess a desire to effect others and make BIG stuff happen in the globe, you just haven't. Discover Your Thing will concern and inspire you to make one particular shift in your strategy that will allow you to get away monotony and do work that matters. After testing this in the last decade with her clients, and helping a large number of people to live a more fulfilling existence, Find Your Thing will move you to discover the clarity you therefore desperately seek. Are you living your entire day to day life in a way that is repetitive and monotonous, when all you really crave is to accomplish work that counts. What's likely you're obtaining by in your marriage or human relationships, barely surviving in your work or profession, and you're lacking fulfillment in your life. Find Your Matter is the consequence of Lisa Zelenak's background in human services counseling and life training, along with her extensive research and exploration in how to live a life that's fulfilling, purposeful, and impactful. Don't You? Discover Your Thing can help you get away monotony and do function that matters by: Revealing the #1 change in your mindset to liberate from monotony Illustrating 10 easy steps to clarify your purpose and enhance your psychological intelligence Demonstrating a concrete process to increase knowing of your deepest insecurity Breaking you free of the rules that limit your potential Adhere to the tips in this publication to avoid spinning your tires and going nowhere. It's Are you wanting to know what your purpose is certainly and how you can impact others to gain a sense of fulfillment? Zelenak was dissatisfied with the way that she saw others just going right through the motions of lifestyle, and developed a route that will offer you clarity on what counts most so that you can live a lifestyle that matters. Don't let your daily life keep passing by. Decide to Find Your Factor.



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"Find Your Thing" is a wake up call and a big drive towards Self-Discovery! "Get Your Thing" is a superb book on self-discovery and energizing your potential to discover the best of who you are. The book starts with 3 questions you have to ask yourself: 1. This book was very thought provoking and personal growth promoting. 2. Are you questioning whether or not you've chosen your path? 3. Are you wondering what your purpose is definitely and how you can impact others to gain a feeling of fulfillment? This reserve will help you find your "thing" if you let it. I've already suggested it to my 20 something daughters. It brings such clarity to the problem of, well, clarity. The author also does things to make it a straightforward and quick read for busy professionals including putting the most important concepts in bold, and taking out top action items from each chapter. My favourite quote from the book is: "Without awareness of what is happening beneath the surface, you work the risk of spending time and energy solving the wrong problem. Worse, if you continue solving the wrong problem, you'll find yourself spiraling down to very cheap. To avoid very cheap, you have to develop accurate self awareness." Come across Your Thing can help you get away monotony and do work that counts by: 1. Illustrating 10 easy steps to clarify your purpose and improve your emotional intelligence 3. Lisa covers great content material here such as: "I WANT TO FIND MY THING. Mid 20s or mid 50s, THIS book will help YOU! My favourite section of the publication is Section 3 on "PURPOSE". Demonstrating a concrete process to increase awareness of your deepest insecurity 4. Also the guidance is good sense and useful but that doesn't diminish it. TRANSLATE YOUR History, PRESENT, & FUTURE. Amazing book! SPECIFIC. PURPOSE IS NOT CONDITIONED ON CIRCUMSTANCES. But the reserve will go beyond that. There have been great exercises to "discover your thing" and more. Targeted for 20 yr olds but translates for most Excellent book for defining and growing personal goals and growth. Practical Right here's my thoughts after reading, We've gotten good at the skim read approach: I love how you create conversationally. The author does a great job of placing actions items and particular strategies that you can implement right away through the entire book. That means in case you are feeling bored, confused, dropped, or looking to bring a higher level of authenticity and enjoyment into your life and throw away the mundane presence you are living, now is that point to begin with. I am not necessarily in the prospective demographic and am very much more than the title group of 20's but the book was recommended if you ask me as a tool to greatly help me work with some of the younger people I business lead on different teams. Lisa Zelenak does a fantastic job on breaking down key elements on helping you look for your purpose and becoming your very best self. Overall We highly recommend it for business experts and especially entrepreneurs who lead groups as possible use many of the concepts to help yourself or your group grow personally and professionally Great book to locating your purpose This book is great for people who are within their 20's and don't know yet their purpose or what they want to do as a career. Game changer. This reserve can help you explore yourself including your fears, aspirations, unfavorable triggers, purpose etc Highly recommend this book for anyone to ready in the event that you still looking for your purpose. There are countless books out there about locating your purpose and going after your dreams. It's an interesting approach on how to rewrite the unwritten guidelines we unconsciously create that keep us back. If you're looking for some good clean inspiration, this is actually the right place. The writer definitely comes with an insight into how to find purpose and meaning in your life. At the end of every chapter she even includes a list a steps you should consider before you read further. You'll understand how your deepest fear, and the discomfort you try to avoid in life are actually the key to walking in your purpose. I'm in my own 30's right now but I wish I had read this publication when I was back in college as it could have saved my for spending for a degree that I finished up not really enjoying when I got in to the job world. This will be required reading for all senior high school grads and college students. If you actually want to receive the full value from this reserve, do the exercises, perform the work! Good insights in finding your purpose This book isn't just for twenty-somethings as the title and description suggest. This book beautifully stands out. Find Your Point will challenge and motivate you to make one particular change in

your approach that may allow you to escape monotony and do work that matters. You'll find out the difference between actual purpose and its own counterfeit: insecurity. I would recommend this publication because it's readable and well worth my time. Your deepest dread will tell you your greatest value in the event that you know how to view it. Many thanks, Lisa, for posting your wisdom with us in such an easy-to-grasp structure! You can interpret your emotions to mean something that is empowering instead of disempowering. UNIQUE & This will be required reading for all college students. The one thing I disagree with is the title- everyone must read this publication. The author walks you through mental roadblocks and brain programming that might have avoided us from finding our true purpose. That is a definite MUST READ and you will be glad you invested the time into scanning this "Look for Your Thing"! It's a solid call to action to finally consider change of our lives. I really like the way it's structured, as well, so it's easy and fun to learn. I found myself worked up about taking action. The best time to find your true purpose and to break through restrictions is now. Mid 20s or mid 50s it doesn't make a difference. Exceptional book for personal development. Easy read and makes an excellent gift for the holiday season! I do believe it was helpful due to that, however, the ideas and strategies make an application for most anyone and I found it an excellent tool for my own self-improvement. You don't have to be in your mid 20's to benefit from this. No matter your actual age whether you are 20 something, 30 something or even old you can learn something from this book or at the very least get yourself a friendly reminder of the things that matter most in lifestyle. Breaking you free of the rules that limit your potential. By the time you are halfway through you'll be performing things in different ways and behaving in a way that makes change come immediately. Revealing the #1 shift in your mindset to liberate from monotony. 2! If you are prepared for a positive switch in your life, then you'll like this book. The worthiness of this reserve is in the questions asked and answered. The queries are ageless and timeless. Regardless of how you answer, this book will highlight the direction to take to live a better life by focusing in on the one thing that may change everything... Don't just browse it, embrace the lessons it offers for growth and modification. I wish we had this publication when we was 22! I'm not really sure how the author does this again and again throughout the reserve, but she will - and the email address details are immediate and powerful. I have been a self-help junkie for many years, and possess a occupied practice wherein I help others shift aged patterns of behavior, and this little book simply blew my mind. One of the most impactful nuggets in this book is the idea of translation: You get to decide what your previous, present and future mean. A personal reflective, playful read. Lisa's tone of voice shines through her composing! There's character implied through the innovative usage of formatting, be prepared to give the page the time it deserves! The author goes into detail about her ten actions to determining your fears and negative thoughts and then transforming them into something positive by changing your mindset. Not only for 20 year olds for certain! Are you feeling discouraged in life? Scott Allan Great book for personal advancement. I am definitely not 20 anymore and I learned a lot. The author Lisa Zelenak does a great job of reaching people through her words and phrases that instilled confidence and assurance that you are in the right place. We regularly read self-development books which ranks correct up there with some of the best that I've read recently because of how actionable it is. It makes the reader feel included in the book and listened to. You've done an excellent job to capture the heart of the issue for many individuals in transition or a funk." THE DOUBLE EDGED SWORD OF PURPOSE. Frequently people can see what's right in front of their noses. From a Christian perspective, your topics are many that my group provides protected from a Christian walk perspective and there are several great parallels but the ultimate "purpose" has been nearer to Jesus or Christ-like. On that journey several of these self discoveries happen as we are attune to our triggers/surrounding etc. much like you discussed. Overall quite solid assistance and well crafted from a perspective that appears to have experienced a few of the angst. Doesn't come off preachy or find out it all. Like Detective Del Spooner. Simple, Actionable Exercises THAT PRODUCE Real Positive Change This book is filled up with actionable

exercises that produce really complex concepts super simple.. Just like Detective Del Spooner in the Will Smith film, I Robot, Lisa Zelenak asks the right questions...and which makes all the difference. So very much wisdom to find purpose right away This book was so inspirational and fun to read!



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