

# TABLE of CONTENTS

INTRODUCTION	4
CAREER MANTRAS	5
BUILDING YOUR NARRATIVE	9
HANG-UP #1: AIMING AT A BULLSEYE	18
HANG-UP #2: PRIORITIZING THE UNKNOWN	21
HANG-UP #3: WAITING FOR THE CHALLENGE	24
HANG-UP #4: FOCUSING ON THE ENEMY	27
HANG-UP #5: IGNORING YOUR WORTH	34
DRILLING DOWN	38
COMMITMENTS	40
MEG MYERS MORGAN, PHD	44