

At age 22, I was completely immersed in this world of _____ the Pentagon and counter-terrorism. Everything that I did in my _____ life was to prepare me for my fantasy career.

But I'm here, just a few years later, as a career coach to hundreds of millennials. So how and why does this happen?

And I tell people that my answer is simple: political science is what I _____, but career coaching is what I _____. This dance that we all do between finding work that we love and finding work that aligns with who we are is what I want to talk about today.

The first question is: _____? Second question is: what do people tell me I'm good at? And the final question: ask yourself, "What's _____ me back?" These three questions sit at the foundation of my career coaching practice.

Your interest in a subject does not guarantee your success in a career with it. And that's why I'm here to remind you to do something that you _____ not just what you _____.

So, like many of you probably understand, my _____ took over my life I spent ten-to-15-hour days in Washington, DC, and a lot of my weekends ended up on _____ bases in the Midwest, where I would oversee these training programs and weapons qualifications.

So here is the great question. How was I going to be a _____ if I couldn't really hold a gun? That set me into a tailspin, because I remember feeling like my career, my passion, my identity were all in _____ with one another. And I felt so alone, but guess what? I wasn't!

Seventy five percent of the US population, according to Reuters, is hiding some part of their identity at work. I wasn't the exception, I was the _____.

I realized how important it is for all of us to _____ out the social pressure to find what we love and _____ in to something more significant for your career and your life: who you are.

But take an _____ of what people tell you you're good at. Do friends turn to you for some sort of advice that you seem to have down? Or do your professors and colleagues praise something special about your work? Or how about this? Do people ever ask you to _____ them something that you seem to know well? These are the moments that shed light on your natural talents, and the work force needs them. Often, I get clients ages 18 to 30, and they are all so worried about finding their passion that they completely _____ their natural skills I, for one, was so focused on finding my passion that I completely overlooked my natural talent for the job hunt.

On the way to finding my passion, or job in my passion, I found something so much more significant: _____. Don't be so blinded by your passion that you overlook who you are. Those who pay attention will find it.

My final question for you to ask yourself is, "What's holding me back?" So this is the one that a lot of clients come to me and go, "Don't want to talk about that one!" And I'm just like, "You know? Here's the thing. We have up to 70,000 _____ each day and up to 98% of your thoughts are repeat offenders, according to UCLA. Looks like we're all sitting together on a thought carousel just going around and around and around with the exact same thoughts. And so many of these thoughts may be holding you back in your _____," and that's why I ask a lot of my clients to keep a journal for two weeks, where they share with me their fear-based thoughts.

And guess what? Everyone's thoughts are the same!

"_____." These words keep your career bar low, and they keep you from striving less in your life, and if you simply pay attention to these words, or your fears, you will _____ above them. Because it's one thing for you to hang out with your fears, or hang out with the crazy, it's a whole another thing to live in it. And you're not your thoughts. If you open your _____ backpack, and you question yourself, you will unlock your authentic career.

Standing here with you at Berkeley today, I remember that voice in my head at the Pentagon saying, "OK, Ashley, this is not you."