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* If prompted for a password, use the following password (all lower case): first-class

PG-1-2-1-1 Means PG **SEMESTER 1 **CLASS 2** **TOPIC 1** EXERCISE 1

WORKBOOK FOR PERSONAL GROWTH SEMESTER #1 & CLASS #2 (ALSO CALLED PG-1-2***)

3 TOPICS COVERED IN THIS LESSON: (Brief Recaps in Brackets. Click the text to jump to the page in this workbook where we cover the Topics).

- 1** [PG-1-2-1: HOW CAN WE INCREASE OUR CONFIDENCE WHEN INTERVIEWING?](#) (Tell yourself: I don't care if I get the job, be yourself, nobody is smarter than you...and more.)
- 2** [PG-1-2-2: 10 REASONS WHY PEOPLE DON'T DO WELL IN INTERVIEWS AND WHY YOU WILL DO WELL!](#) (Lack of preparation, poor body language, not personable, lack of passion, lack of structure, rambling answers, they didn't "give" enough...and more.)
- 3** [PG-1-2-3: HOW CAN WE TURN YOUR \[PERCEIVED\] WEAKNESSES INTO STRENGTHS?](#) (Practice answering tough questions – Chris will discuss this in this class.)

Please have this workbook open during the PG-1-2*** lecture and fill in the blanks or answer the questions in this workbook when Chris asks you to do so during the live lesson (or during the replay of the live lesson). The homework for all lessons is always listed on the last page.

If you are watching a live version of this lesson, please let Chris explain the concepts and then we will have many opportunities for live Q&A when he mentions: "Does Anyone Have Any Questions?" You can also ask Chris questions about the concepts taught in this class during his weekly *For MBA Degree Program Students Only Weekly Q&A Webcast*, which is available at the following [link](#) using the following password (all lower case): first-class

Please note that after the class is finished, Chris will direct you where to go online in order to take a quiz based on the concepts taught in PG-1-2. If you can't watch this class live, then Chris' team will have an edited [replay](#) of the lesson online within one day after this class has ended. You can also access the unedited replay by clicking on the class video link for each class in our [MBA calendar](#) (password is in lower case as follows: first-class).

TOPIC 1 OF 3: PG-1-2-1: How Can We Increase Our Confidence When Interviewing?

Optional: Type your notes for Topic #1 in this box:

Optional: How can you apply what you have learned about Topic #1 today to enhance your career (or to make you happier and more successful in general)?

Optional: Type a question(s) below that you want to ask Chris on the live webcast about Topic #1. If you are watching the live webcast of this lesson, after Chris finishes discussing each Topic, he will say “Does anyone have any questions about Topic #1. At that point you can copy and paste the text that you type below into the YouTube message box to ask him a question. If you are not on the live webcast, you can also ask him your questions during the [MBA Only Students Office Hours Webcast](#) (the password for the webcast is all lower case: first-class). Before asking the question about Topic #1, please look at the first page of this document to see what he will discuss in Topic #2 and Topic #3 (in case your question will be addressed during Topic #2 and Topic #3). Thanks:

EXERCISE PG-1-2-1-1:

WHAT ARE 3 (OR MORE) THINGS TO TELL YOURSELF BEFORE AN INTERVIEW THAT WILL GET YOU INTO A PEAK UNSTOPPABLE MENTAL STATE?

1:

2:

3:

[Optional: write more reasons in the box below]

TOPIC 2 OF 3: PG-1-2-2: 10 Reasons Why People Don't Do Well in Interviews & Why You Will Do Well!

Optional: Type your notes for Topic #2 in this box:

Optional: How can you apply what you have learned about Topic #2 today to enhance your career (or to make you happier and more successful in general)?

Optional: Type a question(s) below that you want to ask Chris on the live webcast about Topic #2. If you are watching the live webcast of this lesson, after Chris finishes discussing each Topic, he will say “Does anyone have any questions about Topic #2. At that point you can copy and paste the text that you type below into the YouTube message box to ask him a question. If you are not on the live webcast, you can also ask him your questions during the [MBA Only Students Office Hours Webcast](#) (the password for the webcast is all lower case: first-class). Before asking the question about Topic #2, please look at the first page of this document to see what he will discuss in Topic #3 (in case your question will be addressed during Topic #3). Thanks:

TOPIC 3 OF 3: PG-1-2-3: How Can We Turn Your [Perceived] Weaknesses into Strengths?

Optional: Type your notes for Topic #3 in this box:

Optional: How can you apply what you have learned about Topic #3 today to enhance your career (or to make you happier and more successful in general)?

Optional: Type a question(R) below that you want to ask Chris on the live webcast about Topic #3. If you are watching the live webcast of this lesson, after Chris finishes discussing each Topic, he will say “Does anyone have any questions about Topic #3. At that point you can copy and paste the text that you type below into the YouTube message box to ask him a question. If you are not on the live webcast, you can also ask him your questions during the [MBA Only Students Office Hours Webcast](#) (the password for the webcast is all lower case: first-class). Thanks:

EXERCISE PG-1-2-3-1:

Please select Yes or No to the following weaknesses that you might have, and we will discuss how to address these perceived weaknesses after you complete this exercise. (If you are not using the PDF version of this workbook, then please delete the word NO if your answer is YES and vice versa):

1. YES / NO: You don't think you have enough work experience to get the job.
2. YES / NO: You don't think you have the right education to get the job.
3. YES / NO: You have had too many jobs for short periods of time (meaning full time jobs where you stayed at that job for less than 1 year).
4. YES / NO: You were fired.
5. YES / NO: You were unemployed or didn't work for an extended period of time.
6. YES / NO: You think you are too young.
7. YES / NO: You think you are too old.
8. YES / NO: You are overqualified for the job.
9. YES / NO: You might not have the right work visa.
10. YES / NO: You don't have the right background or life experiences.
11. YES / NO: You have worked in industries that have nothing to do with the job you are interviewing for.
12. YES / NO: You don't have enough confidence to do well in interviews.
13. YES / NO: Something happened to you or something that you did when younger might stop you from getting hired.
14. YES / NO: Your grades or test scores aren't high enough.

If there are other reasons not mentioned above, then please add them in questions 15-20 below [Optional]:

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15. YES / NO: Other [Optional – write the reason in the text box below]:

16. YES / NO: Other [Optional – write the reason in the text box below]:

17. YES / NO: Other [Optional – write the reason in the text box below]:

18. YES / NO: Other [Optional – write the reason in the text box below]:

Workbook for PG-1-2 (Semester #1 and Class #2 for Personal Growth)

19. YES / NO: Other [Optional – write the reason in the text box below]:

20. YES / NO: Other [Optional – write the reason in the text box below]:

EXERCISE PG-1-2-3-2:

1. Question 1 from the last exercise was this: **You don't think you have enough work experience to get the job.** If you answered YES to question 1 in the previous exercise, then if you want, while you watch Chris discuss how to answer question 1, you can take notes in the box below on how you might address this "perceived" weakness:

2. Question 2 from the last exercise was this: **You don't think you have the right education to get the job.** If you answered YES to question 2 in the previous exercise, then if you want, while you watch Chris discuss how to answer question 2, you can take notes in the box below on how you might address this "perceived" weakness:

3. Question 3 from the last exercise was this: **You have had too many jobs for short periods of time (meaning full time jobs where you stayed at that job for less than 1 year).** If you answered YES to question 3 in the previous exercise, then if you want, while you watch Chris discuss how to answer question 3, you can take notes in the box below on how you might address this "perceived" weakness:

4. Question 4 from the last exercise was this: **You were fired.** If you answered YES to question 4 in the previous exercise, then if you want, while you watch Chris discuss how to answer question 4, you can take notes in the box below on how you might address this "perceived" weakness:

5. Question 5 from the last exercise was this: **You were unemployed or didn't work for an extended period of time.** If you answered YES to question 5 in the previous exercise, then if you want, while you watch Chris discuss how to answer question 5, you can take notes in the box below on how you might address this "perceived" weakness:

6. Question 6 from the last exercise was this: **You think you are too young.** If you answered YES to question 6 in the previous exercise, then if you want, while you watch Chris discuss how to answer question 6, you can take notes in the box below on how you might address this "perceived" weakness:

7. Question 7 from the last exercise was this: **You think you are too old.** If you answered YES to question 7 in the previous exercise, then if you want, while you watch Chris discuss how to answer question 7, you can take notes in the box below on how you might address this “perceived” weakness:

8. Question 8 from the last exercise was this: **You are overqualified for the job.** If you answered YES to question 8 in the previous exercise, then if you want, while you watch Chris discuss how to answer question 8, you can take notes in the box below on how you might address this “perceived” weakness:

9. Question 9 from the last exercise was this: **You might not have the right work visa.** If you answered YES to question 9 in the previous exercise, then if you want, while you watch Chris discuss how to answer question 9, you can take notes in the box below on how you might address this “perceived” weakness:

10. Question 10 from the last exercise was this: **You don't have the right background or life experiences.** If you answered YES to question 10 in the previous exercise, then if you want, while you watch Chris discuss how to answer question 10, you can take notes in the box below on how you might address this “perceived” weakness:

11. Question 11 from the last exercise was this: **You have worked in industries that have nothing to do with the job you are interviewing for.** If you answered YES to question 11 in the previous exercise, then if you want, while you watch Chris discuss how to answer question 11, you can take notes in the box below on how you might address this “perceived” weakness:

12. Question 12 from the last exercise was this: **You don't have enough confidence to do well in interviews.** If you answered YES to question 12 in the previous exercise, then if you want, while you watch Chris discuss how to answer question 12, you can take notes in the box below on how you might address this “perceived” weakness:

13. Question 13 from the last exercise was this: **Something happened to you or something that you did when younger might stop you from getting hired.** If you answered YES to question 13 in the previous exercise, then if you want, while you watch Chris discuss how to answer question 13, you can take notes in the box below on how you might address this “perceived” weakness:

14. Question 14 from the last exercise was this: **Your grades or test scores aren't high enough.** If you answered YES to question 14 in the previous exercise, then if you want, while you watch Chris discuss how to answer question 14, you can take notes in the box below on how you might address this “perceived” weakness:

If you want to add additional notes below that address the optional answers that you typed for questions 15-20 in the last exercise, then please type them in the boxes below if you want to:

15:

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16:

17:

18:

19:

20:

RESOURCES (OPTIONAL):

[5 Hiring Qualities to Look For](#)



[How to Interview Better than ANYONE! 3 Easy Tips](#)



[How to Tell If You Did Well in An Interview \(and What Questions Should You Ask in An Interview?\)](#)



[Dude PLEASE remember the name of the interviewer](#) 😊

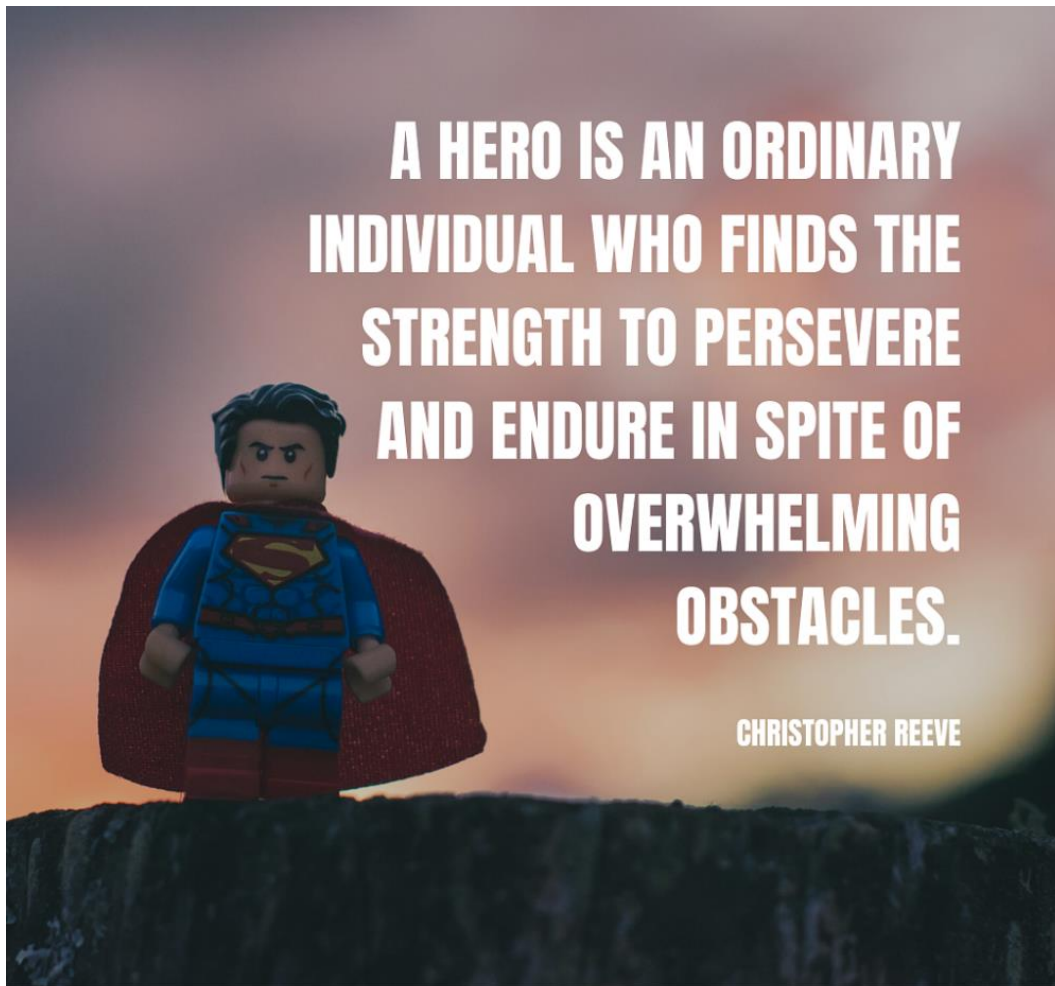


QUOTES:

“Choose a job you love, and you will never have to work a day in your life”. —[Confucius](#)

“Only those who dare to fail greatly can ever achieve greatly.” —[Robert F. Kennedy](#)

“To be a great champion, you must believe you are the best. If you're not, pretend you are.” —[Muhammad Ali](#)



HOMEWORK

After this lecture, please complete the quiz associated with this lecture at this [link](#)*. Thanks