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# Embarking On A Journey With Your Inner Child: The Unseen Influence On Your Career Path

**Forbes** | **Remi Adebonojo** Forbes Councils Member  
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How would you feel if you found out that you are not the one making your important career decisions? Imagine finding out that you don't have the agency you thought you had over your key decisions. I am sure you would be affronted and wonder who would dare do that to you. Well, let me introduce you to your inner child. Remember that little child you once were, the one scared of monsters under the bed, who might have believed in Father Christmas and that eating vegetables made you taller? What if you found out the child you were is still making your major decisions?

## Introducing Your Inner Navigator

Imagine your career as an ocean, and you are the one captaining the ship. While you hold the wheel, there's a crew below deck that significantly influences your journey. This crew is led by none other than your inner child, carrying the beliefs and experiences you've gathered since childhood. These formative years have programmed your subconscious, affecting everything from your financial decisions to your self-imposed limitations and strengths.

## The Role Of The Inner Child In The Professional Sphere

This isn't just psychological mumbo jumbo; it is real and plays out in many of our lives. It plays out in how we approach our careers and relationships and even in how we measure success and failure. Whether it's the notion that success comes from relentless hard work, a belief instilled by observing our parents or the idea that certain achievements are beyond our reach due to societal labels, these narratives shape our professional journey.

## A Closer Look At Immigrant Narratives

For those immigrant descendants among us, we might find we carry some extra inner child baggage; we might have that cognitive conflict of stories of hope mixed with caution, the notion of thriving in a land that feels comfortable but sometimes distant, making us simultaneously press the gas pedal and the brake at the same time. This can make us overly cautious or overly reckless.

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## Real-Life Impacts Of The Inner Child

Consider a client who always played it safe, shying away from risks due to a childhood marked by financial instability. Recognizing this allowed them to view opportunities through a new lens: one that balanced growth with security. Similarly, observing young consultants from prestigious universities at a top consulting firm, their confidence seemed boundless. Initially, this might appear as mere arrogance, but understanding the inner child reveals a deeper truth. These individuals grew up in environments that consistently affirmed their potential for greatness, shaping their professional demeanor and approach.

## Embracing The Adult At The Helm

Acknowledging the presence of our inner child is the first step toward making informed, adult decisions in our careers. It involves discerning when our choices are truly ours, rather than reactions based on past fears or ambitions. This awareness invites us to examine the narratives we've carried into our professional lives and to question whether they still serve us.

## Reflecting On A Brighter Future

This journey is an opportunity to reflect on how much of our career has been influenced by our early beliefs. It's about ensuring that the person making decisions today aligns with our current selves, not just echoes of the past. When faced with career decisions, asking whether our desires stem from our true selves or our past can lead to more fulfilling and intentional career paths.

Here's to navigating our professional journeys with insight, bravery and a touch of whimsy from our inner child. Let's sail these waters with purpose and, perhaps, rediscover the joy in our voyage. Bon voyage!

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