



EPISODE 66: YOUR RESUME ISN'T HOPELESS

- Speaker 1: [00:00](#) What's up real quick. I have to give a medical disclaimer. The information in this program is not intended or implied to be a substitute for medical diagnosis, treatment or advice. You are encouraged to confirm any information obtained from this program or through this program regarding any medical condition or any treatments with your physician, never disregard professional medical advice or delay seeking treatment because of something you have heard or accessed through this program.
- Speaker 2: [00:35](#) You're listening to the bipolar now podcast episode 66, welcome to Bipolar Now the weekly podcast for doing life on your terms, not the illness. And now here's the host of your show. Mike Lardi, making it happen.
- Speaker 1: [00:56](#) We are making it happen. Hey, it's Mike here with you for another podcast episode. I can actually barely see right now. You wouldn't believe this. I have a little pre-show ritual that I've been doing for the last several months, and it's just a way to invigorate myself, get my brain cleared out, clear the cobwebs from my heart so that I can speak clearly. And from the heart. And I just actually had a little dance session right now that was so intense that I was crying. Cause I'm, I mean, I'm making it happen. Sure. But I'm barely making it happen right now. Like I'm, I'll just, I'll say it and right in front of you, I'm probably the world's best faker. I am the world's best faker. I can get things done and nobody would ever know that I'm suffering big time. So, um, do forgive me for being such a fake on this show sometimes when I have to just push through and get a message across, get a teaching across, communicate some points.
- Speaker 1: [01:57](#) Um, you know, I, I just, I love that I have this little routine going back to last week, right? Routines. I have this little routine or maybe it's a ritual, which is like a mini routine. Um, I have this little routine where I go through like a song and I dance it out and I just, I let all the emotions come out and up to the surface and out. And I just dancing today. I'm dancing with tears in my eyes. There's just a heaviness in my life. Um, it's not any one thing to blame. Um, it's just a heaviness. It's, it's a mental, physical, spiritual heaviness in my life. And I know I'm not the only one that's being hit with it right now. I know multiple people have voiced to me. Uh, it's just within the last week or so, um, have voiced to me that they are feeling a heaviness as well, and they're walking around, um, having to fake it quite a bit.

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- Speaker 1: [02:53](#) And I just want to let you know that if you're in those shoes right now and if that's how your soul is settled and you're just a weight of heaviness right now, it's not your fault. It is, it is not your fault for feeling this way. Uh, I get, I get endlessly frustrated with people who like, you know, post positivity all over all over me and, and just want me to pick myself up and shake myself off and have a little more faith. And, uh, I just, I'm here to tell you, hear it from your brother, hear it from Mike. I mean, you cannot pull vault every obstacle in your life with positivity. You just, is that a good visual? Where do I make this stuff up from? You can't pull out your way over positive with positivity. Like just imagine the pole vault person running, running, running, running so hard down the track and they stick the pole in the ground and then they launched themselves up in the air and then there's this high like beam that they have to cross and they get over it. And they're like,
- Speaker 3: [03:50](#) Yeah, yeah.
- Speaker 1: [03:53](#) Like that's what I picture the kind of, you know, the kind of friends that were like, just, just think, just think clearly, just think positive. Just you'll you'll get through this mic. And I know it's true. And I know that there's a place for positivity, but I just gotta tell you, I mean, like even like, look, look, look around, look at our culture, right? We have like a celebrity obsessed culture. Look, how many of these people are miserable? Look how many successful people are dominating their industries. They're miserable, they're hurt. They're hurting the same exact way that you and I are. So I just want to tell you all the heaviness in your life, not all of it is entirely your fault. Well, Hey, we've got an interesting topic today in recent episodes, I've been sharing about what it's like to go back to work.
- Speaker 1: [04:48](#) I chronicled my journey back to a job while building a business and doing local ministry. Like I I've documented those things on this show in the past. And today we're going to continue another page in that chapter of work. And this actually comes from a brilliant, brilliant discussion that has been taking place inside the bipolar now podcast group, which is the group that meets for this show on Facebook. And so I just want to give shout outs to Tracy and Kim. You don't know who they are, but they have done a fantastic job with this discussion and they are brilliant new faces inside of our tribe. And that's what gets me so excited about that place. Cause look, I, I get it. Okay. I realize Facebook is probably not the place where you want to be spending time nowadays. It's like, I mean, it's like a place for everybody's vomit plus an oil spill plus like a trash dump.

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- Speaker 1: [05:45](#) And all of these things are washing up on an otherwise pretty useful beach. To me that's just Facebook. I mean, is that just me? I dunno, is that me? And then of course there's the political stuff that they've tried to get a reign on and I get it. It's just like I get it. It's probably not the place you want to be, but I know I can make this promise that our little group amongst other many amazing groups on Facebook, our little podcast group out on Facebook is worth venturing into. And it's because of stuff like this, like I was just, I was so amazed at the council that was taking place around this question of it's like, okay, so you go back to work or you want to go back to work, I should say, but there's this issue of like qualifications and experience and what am I really getting myself into here?
- Speaker 1: [06:34](#) Like there's some, there's some really big ideas that are going to come forth on this tiny episode today. And you know, it's like one of the big ideas is what do you do when you've had a spotty work history because of bipolar? Are you supposed to present that? Like, should you be doctoring your resume? And I'm putting doctoring in quotes, right? Like, should you be fixing up your resume and, and not to be like deceitful. Um, but you know, should you, should you alter your resume in a favorable way to get around the issue of your mental health, having been a part of your work life? Like here's another question. Do you even need to get a resume together in order to get working again? We'll talk about that. And then what finally, like what is the point of work when you've got this reality of, okay, I've got bipolar disorder, it's just a known stress induced mental illness.
- Speaker 1: [07:40](#) Like what is even the point of work when all of that is working against me inside of my job, potentially. So, you know, but, but, but really let's start with this. Like what do you do when your employment has had, we'll just call them mysterious gaps and holes and those mysterious gaps and holes. They have you worried, like, am I even employable with this work history? So some interesting notes that I took for myself on this whole discussion, um, and also kind of read between the lines because it's like the person was, was asking like, you know, how do I, how do I get this done? Like how do I even, how do I even get things taken care of for myself? How do I apply? How do I get help with applying? I've gone to the state. Like I only get kind of weird sideways looks from them because my education, let's just be honest.
- Speaker 1: [08:33](#) My education is above average. And so it's like getting help, you know, in the usual places like getting employment assistance, it is just kind of, it's an awkward thing to do for so many of us, like

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I've recently had to apply for unemployment. And that was the first time in my life that I've ever done that. So not only did I have to get over my ego, but I also had to answer some questions that were like, if we can find you a job, will you take it? And of course, you know, I had to click, yes. And of course I was hired, but the, just the reality of the situation was COVID-19 forced a lot of the clients that my agency had took it on, like forced them to pause their projects and reevaluate their decision making as to how they're going to take the company forward through, you know, through weeks and weeks.

Speaker 1: [09:29](#)

And at that point we had no idea of how knowing the law, knowing how long the lockdown would take, but, you know, coronavirus shut things down. And a lot of the clients were like, we don't really know what we want to do right now. So let's wait. So I applied for unemployment in those circumstances and they ask you like, do you want help looking for work? And so I clicked the box and I said, yes. And what this person was bringing up in this post, in the podcast group. Cause they were saying like, you know what? Like I get a weird response from the state when I tell them how much education I've had, because they don't understand why I would need help looking for a job if I've gotten myself this far. And here's what I would have to say about that. It is very, very normal.

Speaker 1: [10:16](#)

When you have a bipolar disorder to get yourself through school, even to the postgraduate level, maybe even having done some or all of your doctoral thesis, like we're a smart bunch. You guys, we're not, we're not dummies, we're not sitting on our hands because we want to, we are intelligent, creative, super, super sharp individuals. And so it's normal to have a degree or even multiple degrees and a long work history. And it doesn't matter that we have this illness. It's just the work history gets interrupted, but it has, it really doesn't permanently tear down our talent, our ability, our intellect, our drive, our work ethic. Like none of these things are permanently altered unless you let them. And I know how it is. I know that when life shifts, it is sometimes very complex and very hard to just move along and just adjust yourself to whatever the new thing is.

Speaker 1: [11:26](#)

But like that creates stress. And so, you know, I can look back, I've said this several times on the show, but I want you to feel like you have some commonality with me. If you've made multiple attempts at going to school and getting through to a job, like getting all the way through to a decent paying job, like a career level job. And it took me three attempts just to graduate with my bachelor's degree, which the way I was almost at the

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very top of my class and I was winning all kinds of creative awards, but it took me three attempts, three times of saying, okay, this time it's going to be different. Okay. Oops, what happened? Well, I think I can do this this time. It's going to be different. Oop, wait, what happened this time? It's going to be different. Like coming back, coming back, coming back.

Speaker 1: [12:15](#) And it's like, I came back all the way through to my bachelor's degree and I was super successful by the time I hit that degree, which is great, but here's, what's not so great when I went to go on and do further studies. So I, at first I thought I was going to be teaching in the high school, teaching art in the high school. And that lasted for about eight months and I had to drop out of the credential program. And then when my depression lifted and I finally recovered from that, I thought to myself, well, maybe teaching art, wasn't quite the thing. Maybe I'm just, I should just be like an artist, you know, go, go for my MFA, which is a master's in fine art and do some graduate studies. And maybe if I need a job, if, if my art doesn't, you know, if my art doesn't pick up my bills, then maybe working at a local college or university could supplement that.

Speaker 1: [13:13](#) And so that's how you do graduate studies in artists. You know, you can teach and make art. It's really cool. But the more I started getting into the application process for different graduate programs here in local schools, I just fell apart. It was an insurmountable wall. So I want you to know if you are whip smart, if you are just so good, so sharp, but you've hit an insurmountable wall. Then what I want to talk about today is just some practical thoughts around how it is that you can approach going back to work and if a resume retooling or, or whatever, you know, whatever, whatever they're having you do for the application process in the job that you're seeking, like how to pull that off and how to account for these mysterious gaps and holes that can appear in our either school or work timelines as we're looking for a new job.

Speaker 1: [14:20](#) So what was so amazing about this conversation is that one of the people that was involved in this resume conversation happened to have been a company recruiter at some point in their career. And they were helping the other person out in this situation, look at the gaps in the holes, in their timeline. Like if you're going to do a chronological timeline on your resume, like from year to year, why I was doing this, that, and the other, if you're doing it chronologically, you can classify your gaps. Like it, you have to go through and say, all right. If from 2009 to 2011, there was a gap classify it. Like don't just leave it open for

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interpretation or for the, for the recruiter. Or whoever's going to interview you to guess at what you did during that time. Like classify it as either something that's continuing education. So that's one thing, or you can call it a leave of absence.

Speaker 1: [15:20](#) So we've got continuing education and we've got leaves of absence with the continuing education. You absolutely do want to talk about what courses or what schooling or what programs or what certificates, whatever you did during that gap. And here's just a little thing for me. Like you don't have to slot everything perfectly back to back with like gaps that are so tight. You could slide a credit card through them that that's not what we're talking about here. We're just, we're giving a chronological explanation of our time either in training at school or at work. So if you had continuing education name, it, put it in there. What did you take?

Speaker 1: [16:06](#) What, what did you do for your continuing education? Why did you take it? Okay. What were you looking to boost? What skill sets were you adopting? Like what were you learning? Why were you learning it? So what did you take and why that's the first way to classify a gap? The second way to classify any gaps in your resume can simply be called a leave of absence. Now, I personally am careful with naming leaves of absence because I've had so many in the last eight years of my recovery. That's not been the case, but like prior to that, when I was applying for work and applying for graduate programs, like it was, it was very spotty. So I'd have to be very careful. Like, I didn't know about this leave of absence thing as a way to tag that time. But now that I do that gives me a like some breathing room at, okay.

Speaker 1: [17:00](#) All I have to explain is that I was making myself ready. I was giving myself room to prepare for a new challenge, a new challenge in the workplace, a new challenge in my career, a leave of absence. Doesn't have to be like a, Oh, so what happened like in a, in a negative thing, a leave of absence can be perfectly positive, which you absolutely have to look at it. When you have a bipolar disorder, you absolutely have to look at leaves of absence as a positive thing, because you're giving yourself room to get ready for what's next you're, you're a, you're a forward thinking person. Even when you hit a setback and this, uh, this person in the group, they, they reminded the other person that, Hey, you know, a good interviewer is not going to question the purpose of your leave of absence, especially when you frame it as I'm preparing myself for the next challenge.

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- Speaker 1: [18:04](#) This was just an incredible piece of advice. And I was so impressed by this, that I had to take some notes. So that's the first thing with your resume. If you have gaps, if you have holes, make sure you classify them. And then I want to give you some recent resume experience. I just took some notes on how I did this back in January and February. Um, I had to evaluate my job opportunities through the lens of like, okay, is this a job where I need a resume? And you'll remember back on episode 61, if you were around for episode 61, we talked about going back to work. We talked about the five steps. You know, there's the reboot from your illness. Then there's the restart jobs that are super basic. Then there's the stop gap jobs. Then there's the jobs that have like more of a view to them.
- Speaker 1: [18:59](#) And they're stepping stones to the view theirs. And then once you get to that level, you're at, you're at a, basically at a career or, or you own a business where you are genuinely thrilled with what it's doing for you and how you contribute inside of that job or to that business. So there's those five steps you can go back and listen to episode 61, but you got to just look like, okay, steps one and two, maybe even step three type jobs. You know that the stop gap jobs and the stepping stone jobs. Like for me, I haven't needed a resume in 15 years. I just, I mean, I have not needed something that professional and polished in 15 years, cause I was doing jobs that you just didn't need them for. So are you even at a place to where you need a resume, but if you are, and I'll say this next wave that I went through recently with picking up higher paying jobs, longer term jobs, career level jobs, they absolutely required resumes and cover letters.
- Speaker 1: [20:07](#) And so it took me a good solid couple of days to sit down and write these things. Cause I was nervous. I was sweating. I was like, I don't even know if I'm employable. I I've just been spending so much time developing my online business that now how is somebody going to look at that gap or see me as, you know, the CEO of a company and yet they're going to hire me like, how's that actually going to work? So did I even need a resume? Yes. I'm at the stage where it's just required. It's normal. You put it out there. You know, they look at it or they don't look at it. It goes into a stack or it goes into a trash, like you need a resume when you're eventually going to take that job that has a bit more longevity to it.
- Speaker 1: [20:58](#) You know that the hurdles to get that job are higher. The education requirements are higher. The experience levels are higher. This is just like, you know, we're talking jobs that are a little bit further down the road or jobs where you have like a

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college degree and now you're applying and you're wanting to utilize all of that education and experience and apply that towards a job. So the first thing I did was look at, do I even need it? The second thing I asked myself is who can help me build it and who can help me edit it and give me feedback.

Speaker 1: [21:37](#) So, so who is your like career advancement coach? Right? Like I know almost nobody has direct access unless they know somebody as a friend or a family. Um, but I actually wound up getting a good coach in my life or Phillip cause we were having this discussion and he knew I was getting ready to go back to work and he knew I needed a good paying job. And he just, he knew that the details of my situation, cause he's my lifer. We talk on going and we're both super supportive of one another. So he wanted to support me in this way. And he said, how can I help Mike get his resume? Top-notch. And not only that, he found me several jobs in this large hospital organization that he works at here locally in the Valley, he works at a very large hospital and he started throwing my name around and what I do and his boss, like his POS gave me an interview with, with just simply a referral.

Speaker 1: [22:35](#) And I was so nervous in that interview because this man had like the keys to the castle, right? He's a director level, a boss. And I was so nervous. I was like, hold on, I gotta go to the bathroom. It was terrible. Like I showed up, I went in his office and said, hold on. I gotta go to the bathroom. I was that nervous to have a discussion about a serious job. It was hard, but you know what? Phillip gave me so much feedback on how to handle that and how to handle my situation and talk about it. And he gave me endless edits and feedback on my actual resume itself. So who do you have or who could you find? Or if you go online, what services could help you build out that resume, build out that cover letter, edit it and then have it come back to you ready to use, right?

Speaker 1: [23:32](#) Like you gotta, you gotta push through the discomfort. It is so uncomfortable even with a coach. So even with Philip saying like, why did you say that? How come you left this part out? Why don't you punch up this section right here and make this part like really front and center of your resume and your experience? Why don't you do this? Why don't you do this? It was so uncomfortable to build out my resume. I mean it, 15 years had gone by like my old resume was completely irrelevant except for my schooling. Completely irrelevant. So I had to start from scratch and it was just so difficult to say, all right, okay. No, I am, I am worthwhile. This company should be excited to hire

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me. I'm ready for this challenge. I've had enough time to get myself, you know, on stable foundation and get my motor running.

Speaker 1: [24:32](#) Well, I'm like, I may not feel ready, but I need to be ready. That was the hardest part of this whole activity was just battling over this feeling of I'm not ready. I'm not good enough. It won't happen. I'm wasting my time. I'll never get there. Have you ever had those thoughts when it comes to a job like it's seriously, it's stressful. It is so stressful. So my hats off to you, if you listened to this episode and you download the resume and cover letter cover letter, examples that I'm giving away with this episode, like if you actually go through with this activity and you spend two or three days, you know, working on your resume and editing it with somebody who has different eyes and has like a sense of, um, you know, Philip, Phillip is a great example of the kind of person that you could talk to because he's a career guy, he's a high level career guy.

Speaker 1: [25:32](#) He got himself, this job at this university hospital and it's, I mean, it's an extremely good job. And he found it relatively quickly. Like I remember working with him, we were both building out our businesses in his garage, you know, working on our laptops all day. And um, and he was doing his thing. And then that whole, that whole like business venture, the, the financial backing fell out of it. And they had to disband and like archive the project. It was terrible, but he pivoted super quick and got this high level career job. Right? So switching from an entrepreneurial brain back over to a career brain, just amazing. This guy just blows me away. And so he said, Mike, take my resume, take my cover letters, take my letters of recommendation. Look at all these things, see how I've done them and just copy them over using your life, your experience, your work, your history, like, and then once we build that out, I'll help you get it in the right voice.

Speaker 1: [26:36](#) So there's probably someone in your life like a Philip there, there's probably someone who could go out and get a high level job with not a massive effort because they're so used to keeping themselves ready for when they have to deploy that resume in the future, you get that like some people are just constantly tweaking their resumes and looking for best practices and looking for ways that they can keep themselves employable and relevant. Like that's Phillip. So who is that for you? You're definitely gonna need that person. And then along with this show, I'm going to include my cover letters. I'm going to do two different types of resumes. So I did a corporate resume for the

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hospital and I applied to multiple jobs at that hospital. And then I did a creative version. So one was corporate. It was, um, it was just more like straightforward and less visual pizzazz and the creative resume for the creative jobs.

Speaker 1: [27:41](#) So these were like creative directors, artists, graphic designers, people like that. They're, you know, so I created a whole separate resume based off of my creative abilities and creative skills, creative experience. So I'm including both of those actually on the blog page for this episode to get there. All you have to do is wherever you're listening to this podcast, there should be a link to this show's page or blog page. I don't know what it says on your particular app, but go to that page. You'll see that there is a link for episode number 66. You'll see it in the whole writeup for the show. You'll see the link and you just go there, click on it and that'll download the cover letters and the resume templates. And there's no email gate to get to this. I just wanted to put it directly on the blog page itself.

Speaker 1: [28:35](#) So just wherever you listen to this, go to the blog page, or if that doesn't have a feature in your particular podcast app, you can go to Mike lardy.com forward slash blog, and just look for episode 66 for wherever you're searching. So that's going to have the cover letters, the resume templates. And I just want you to know when you look at these, like they do have some visual punch and that's because I am a graphic artist, but like I built these in Adobe illustrator. What you can do is just like, look for the text, see how I'm talking about myself, see what things I'm drawing the reader's attention to and how I structure the chronology of the work history and, and the, the work, um, education. So just look at how I'm structuring it, write it out like in a Google doc or a word doc, whatever you have pages.

Speaker 1: [29:31](#) And, um, give that text to a graphic designer there they're all over the internet. You can find graphic designers for like five, you know, in some foreign country, they'll work for five bucks and they'll get your resume looking graphic and designed. And really all you're trying to do is just help the graphic designer, understand how much you need to stand out because in a corporate resume, it doesn't need to be buttoned down. It can't be too flashy. You know, corporate is corporate, but make it stand out, have some design, make it clean, make it reserved, just make it elegant. You know, that's your corporate. If you're applying for corporate jobs, if you don't even want to bother with corporate jobs, you know, if you're not a cookie cutter and you don't fit that mold, then I would highly suggest taking the time to creatively engineer, your cover letter and your resume.

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- Speaker 1: [30:28](#) So, you know, if, if you need to hire somebody great, but I highly encourage you. Like whatever program you need to build it in, move your word, doc content into that creative development program. You know, like I have Adobe illustrator, not everybody has that, but there's versions of that. And you can get like versions of have free versions of Photoshop on the web and you can, you can create your letter, your resume, create it to stand out, you know, do you really want it to go in the trash? Because it just looks like a word document that anybody could have made, like take the time, spend a little money. You're totally worth it.
- Speaker 1: [31:07](#) So the big idea today has just been this notion of wanting to work versus having to work. My guess is everybody has to work. And my guess is, if you listen to this show you, yes, you have to work, but you want to work. And that's the best place to be in. Like when those things are the same, having to work, wanting to work, that that's the joy of contribution. That's, that's where that's the sweet spot. Okay. Whether you're working for yourself and your own business, or you're working for somebody else on the road to having your own business, or you're just working for somebody else. Cause that's what you enjoy, like wanting to work and having to work. Those two things should be linked. And that's where you have joy. You see what, what actually happened for me. And this is fascinating because this kind of reveals like, okay, well, how much control do you really have over what job you get?
- Speaker 1: [32:16](#) What actually happened with both those corporate jobs and those creative jobs that I made my resumes for? Um, you know, I got close, uh, you know, I got closed, I got interviewed. And, um, what actually happened was I got hired freelance for a creative role in an agency that a friend of started. And so, um, this is actually somebody that I dated back in college. And she, she started this really, really top notch company where they build a branded beautifully branded websites for companies who want to sell online, direct to consumer. And so when she hired me, it was like, okay, I didn't even need a resume. She said, how quickly can we get you on the payroll? That's how soon they needed somebody to come and help them. And I'll tell you what, the programs that they use in that business to design those websites.
- Speaker 1: [33:13](#) I never touched those in my life. So I'm building client jobs, watching tutorial videos, and like firing off half made creations to their development team and their development teams. Like we can't use this, this is trash. Where did you learn how to do

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this? And I'd be like, I'm sorry, I'm learning. I'm going back to it. And you know, and I'm continually revising my skillset in this area, but you know what, they hired me just without even a look at my resume. Isn't that interesting, right? Like here I was stressing for weeks and searching for a job was stressing, creating over, creating the resume. And then I was searching for months for relevant work and here comes Chelsea and she just hires me like as soon as I give her a call, it was, I mean, so it just goes, goes to beg the question, right?

Speaker 1: [34:04](#) Like how much control do we really have? I had another client pick me up and this guy works for a large organization and they always need graphic design and printed goods. And he's like, can I, can I call you when I have extra jobs that we're running behind on? And I said, yes, absolutely. So now I've done a half dozen jobs for him. He hired me right off the phone, no resume, let's get you on the payroll right now. Isn't that interesting. And then of course, you know, at the hospital that I was really trying hard, super hard to get a position at like the hospital ended up never even calling me back. And so I just kind of had to cut that one loose and then literally two days later I had work. So I just want to tell you like, never quit on yourself.

Speaker 1: [34:57](#) Okay. This is such an uncomfortable process. This is a hard activity. Making a resume is an act of you not quitting on yourself. And I just encourage you. Like I'm in this whole new space right now. I am working for myself. I am working for others. I am, I'm trying very desperately to continue working in the community. Like I have all three of these massive places where I go to serve and work. And, and it's just, it's one of those long haul journeys that I actually want to invite more people into. So I'm doing this with my lifers on checking in with them on a career level, as it relates to my mental health. And I want to ask you, like, would you follow me on this journey? Would you follow me on this show? As from time to time, I update you on what it's like to work in stressful environments under multiple deadlines, shifting deadlines, K, multiple shifting deadlines.

Speaker 1: [36:00](#) Would you follow me? Would you take the time to follow this show, to follow my journey, to let me go on and on further and further to prove this is, this is all I desire to prove that you can go from having massive problems in your life. Okay. I have bipolar disorder, one, it's one of the most disruptive versions of this illness. Like I went from massive insurmountable or seemingly insurmountable problems to go on to having doubt over my work, having doubt over my worth. Maybe that's even worse is when your, your work and your worth are tied together.

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And it's like, I just kept going. And now I'm doing work. That's finally like beginning to it's this finally fulfilling in my soul in my mind, even in my bank account, finally fulfilling what I was looking for in work, right? Like I want to, I want to have to work and want to work.

- Speaker 1: [37:08](#) I want those to be the same thing, because when it comes to me brushing up against failure, when I'm ready to say you guys, I quit and I do this. Like I'm close to quitting almost every day, especially these last two weeks. Like for some reason, the challenges have been layered on me, extra heavy. I've this heaviness. And I don't know how much longer I can carry it. So I am close to quitting, but you know, I want you just to hear, like, I've made a promise to myself. I've made a promise to myself that I would keep going. And the coolest thing is a promise was made back to me. I hear a voice, a reassuring voice from within, and it tells me that I've got all that I need. I've got every single tool, person, talent and ability to be a finisher. I'm a finisher. And if that sits with you, like, I want that to Mike, a want, whatever it takes, I want to be a finisher. If that's you, then just come on this journey, just come follow along on this journey with me.
- Speaker 1: [38:47](#) So remember if you want those rocking cover letters. If you want those resume templates, just go to the blog page for this show, wherever you listen to this show, or you can go to Michael rd.com forward slash blog and just scroll down or search for episode number 66, all right, next week. Okay. Next week, I haven't completely thought this one out, but it's just a pattern that I'm seeing. So I hope that through the course of this week, I'll have multiple discussions on this topic, but I want to do justice to the topic of sorrow. And I also want to just like, figure out how exactly do I function inside of a heavy heart? You know, I'm, I'm, I'm looking to keep putting one foot in front of the other, even when the steps are heavy. How exactly do you do that? That's what I'm going to check out next week, episode number 67. It's going to be about sorrow. You do not want to miss it. So I will see you here. Same time, same place. Adios.
- Speaker 4: [39:55](#) [inaudible]
- Speaker 5: [40:00](#) Thanks for listening to the Bipolar Now Podcast at www dot Mike Lardi dot com.