

(Nike is right ...) **JUST DO IT!!**

What would it take for me to motivate those of you who want more from work, to “just do it”? And what is it that stops you anyways? From my own experience, it seems to be a combination of inertia and lack of self-discipline that get in the way of goal attainment. (I was once guilty of that—wanted more from work, but did nothing.)

Setting a goal, like making those pesky New Year’s resolutions, means that we might fail, and then feel bad. But what if you set smaller goals, ones that strategically led to the big one, and what if you got reward after reward along the way? Would that make it more enticing?

Here’s what I know for sure—career goals are worth your effort. On average, working takes up 100,000 of our valuable earth-hours: why not spend that time well? Perhaps you don’t like what you do at all; or you may enjoy your work, but not your workplace; or you may be worried that your job is next in the seemingly never-ending rounds of layoffs. Whatever your issue, be proactive. Use your earth-hours wisely! Here are a few tips for “Just Doing It.”

What Should I Be?

If you truly dislike your job, and have no idea what you want to do, there is help. Try some free on-line assessments at authentichappiness.com and careercruising.com. Go to library and conduct self-assessments with the resource books available there (ask the Business Librarian), or hire a career counsellor. Don’t waste precious years drifting from here to there, never experiencing job-joy!!

It’s My Workplace - It’s Toxic!

If you like what you do, but don’t like your workplace environment, or don’t agree with your employer’s ethics, mission or vision, do yourself a favour: start exploring alternatives. In the end all the money (or perceived stability, great benefits, four weeks’ vacation—whatever it is that stops you from moving on) isn’t worth it. You can make a change, and the rewards will be awesome. Thing is, if you are in a happier environment, your productivity will rise, and benefits will come. To make a positive move, you must do some research and explore suitable employers, you must create a truly good resume, and start networking. Go to nojobjitters.com for lots of good information. It is a free site; just log in and access many related articles.



I Want More!

Perhaps you like where you work, and although you enjoy your job, you really want to start stepping up...but no one seems to notice how hard you work, or how dedicated you are. Speak up!! Let people know. To get a good handle on how to go about getting noticed, email for my article “How to Get Ahead in Your Career.”

I promised small rewards. As you explore, you’ll undoubtedly hit eureka moments, even small ones, that will energize you, enthuse you, and propel you further on your journey. And in the end, the rewards of working in a field you love or for an employer you value—whether it’s in construction, accounting, fashion, customer service, writing, teaching, or farming—are that days fly by, you succeed beyond your wildest dreams (according to your own definition of “success”), and you feel that you’re not really working. Start spending those 100,000 hours wisely!

www.jobsetc.gc.ca/eng/ for career exploration

www.authentichappiness.com has free assessments

www.bbmcareerdev.com for career-related issues

**Would you like to see a particular topic covered?
Email me at stephaniec@newleafresumes.ca.
Sharing this newsletter is encouraged!**