

HOW TO FIND A FULFILLING CAREER

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Finding a fulfilling career can be one of life's most important tasks. Some of the benefits can be the feeling that you are not really working, you have more energy, you feel that your time is well spent and that you are contributing to society and your personal development. This can also benefit family and friends who spend time with you.

So how do find out what will make you fulfilled ?

Here are some simple steps that may help:-

1. Define your values

Values are what make you tick. They are what you are passionate about. For example some values could be :-

- Contribution
- Intimacy in relationships
- Fun/Excitement /adventure
- Giving or receiving love/being valued
- Comfort
- Health
- Achievement

When you have decided your top 3 then you can align your goals with your values. This is the secret of making yourself truly happy.

2. Align Goals with your values

Alignment means making sure that your goals can truly work with your values. For example if you place family as really important but have a job which takes you away frequently, then there is no alignment. You may be happy in your job but this will lead to unhappiness in the balance of your life because your other values are not being met.

3. Ensure there is balance in your life

No matter how happy you are in life if your life is not balanced with enough rest, and fun, you will eventually be unhappy. Looking at your unmet values can be important too. The major key areas of life are work, leisure, education, physical health, spiritual health, emotional health, mental health, family,

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relationships, community/giving. Consider if there any areas that you are neglecting or are spending too much time on ?

4. Find an organisation/partner who supports your values

Without this you will have to compromise your values and this will ultimately lead to unhappiness. This may mean working for your self or seeking to change the values of the organisation you are already in. You may have to compromise salary or working conditions but ultimately you will experience more fulfillment.

CASE STUDY

My own life is a classic case study. In my early twenties, I chose to train as a Chartered Accountant partly because of the status attached to this profession. I quickly became disillusioned and hated going to work. I managed to transfer into a department that was a little more aligned with my personality and values but I was only tolerating work not enjoying it. After having children I decided that now was the time to find a career that I truly wanted to do. I set about doing a 3 month career course which helped me understand some of the issues mentioned above. I found out that community was important and working part time. I managed to get a job working for the Health Authority which fulfilled these criteria.

Finally I was enjoying my work. My family was a lot happier because I was happier and I felt like I had a purpose to going to work which was not just earning money. Unfortunately we had to move locations and I had to give this job up. I managed to get a job in training which again matched my values. This led me to coaching which I can now say I feel is my true purpose. I don't dread getting up each morning and leap to my computer each morning to develop the next aspect of my business. I have energy that I never knew existed and I feel like I am making a difference in this world. PRICELESS !!

No matter what pressing issues are facing our life, without fulfilling work, an element of us dies inside. This will then have repercussions on the rest of our life and other things will not seem so important. There is no greater justice we can do for ourselves and others than take the time to find out what makes you fulfilled and how you can work that out.