



ACTION STEPS FOR HEALTH & HAPPINESS

Aim high for your career well-being



- “Career” includes your line of work and how you spend non-work hours.
- Choose career goals that suit your personality, skills, talents, and interests.
- Take education and training steps needed to achieve your goals. Gain experience as a volunteer.
- Find your passion in life. Do something you enjoy every day, week, or month.

Dos

- Do the work you love and work at loving what you do.
- Be with people who understand the challenges you face to reach your goals.

Don'ts

- Don't get stuck in the same routines that prevent you from pursuing your goals.
- Don't spend time with friends and coworkers who criticize your values and interests.