

# Cultivate Your CAREER

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DO THE WORK YOU LOVE AND  
WORK AT LOVING WHAT YOU DO.

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*"You've got to find what you love. And that is as true for your work as it is for your lovers ... If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it."*

-Steve Jobs



A recent survey found that only 19 percent of workers in the U.S. and Canada were satisfied with their jobs; 16 percent were "somewhat satisfied," and about two-thirds were not happy. Workers say they are not happy due to little or no pay raises, having to do more work due to job cuts, and getting fewer benefits or having to pay more for them. Many feel stuck in their jobs, but say it is not easy to leave due to the state of the economy. This does not paint a good picture of well-being for employees.

Tom Rath and Jim Harter, authors of the book, "Wellbeing: The Five Essential Elements," do not limit the word "career" to your line of work. They define it as what you do each day and how you occupy your time. This includes home and family care, school, and other activities you do in the community. In their book, they state that career well-being is the most essential. The other four of these elements are community, financial, physical, and social.

## WAYS TO INCREASE CAREER WELL-BEING:

- Deal with stress. Get and stay organized at work and at home.
- Take breaks. Eat lunch away from your work area.
- Be friendly. Greet coworkers and visitors.
- Spend time with coworkers you like and who share and/or understand your challenges. Encourage each other to pursue career goals.
- Use your skills and talents during non-work hours if they are not part of your job.
- Find your passion in life. Do something you enjoy doing every day.
- Focus on the positives. Avoid people who have negative attitudes.
- Be assertive with your needs. Ask for information and help if you need it to complete tasks.
- Be a team player. Work toward common goals.
- Take charge to advance your career. Let your boss and coworkers know what you can do and ideas you have that can benefit them and the company.

### Action Step

Be prepared to make a job change for one that better suits your career goals, interests, and skills. Keep an up-to-date resume, references, and strong work portfolio, as needed.