

Creating a Healthy Career!

By Clay Parsons

What is a 'healthy' career? One that keeps us vital and energized?

The following are some important principles that I have come to recognize in my work. Assess the health of your career see if any of them apply to you.

Work that has PERSONAL MEANING

Most of us just go through the motions at work. We could care less if the company sells more widgets, or provides more services to its clients. We want to get ahead so we play the game.

Now, imagine that you are doing something you really believe in, something that is an expression of your personal values; of the way you want to live your life. Think about how different you would feel.

Work that gives you ENERGY.

Most people's work drains them of energy during the course of the day. No wonder so many of us are couch potatoes! We are mentally and physically exhausted. We have no energy left by the time we get home at night.

Imagine that you are doing something that you find exciting. It's not draining. On the contrary it actually gives you energy. Think about how different that would feel?

Work that helps you LEARN AND GROW

Boringly repetitive work in a rigid organization reminds me of one of Charlie Chaplin's early movies. Despite his efforts to do his job his predicament only got worse and eventually he was devoured by the machinery. Many of us actually practice some form of mindless repetition every day. We run the risk of a similar fate.

Imagine that your work involves exploring new ideas, learning new things and helping organizations or people grow and change. Personal growth can revitalize your career and the soul of any business.

Work that is CREATIVE

There is a great quote that exemplifies what happens when we suppress our creativity. "If you always do what you always did –

you'll always get what you always got “. In other words, when nothing changes, stagnation sets in and we start to die. Use your imagination to bail out of this downward spiral.

Imagine that your work requires you to use your innate powers of ingenuity and intuition every day. You will be happier, healthier, more productive and more authentic in everything you do.

Work that CONTRIBUTES TO SOCIETY

Much of our work today is geared to production and commerce which does not necessarily contribute to improving the welfare of others and society as a whole. I may be old fashioned but I believe that people come first. The more we give to others the more we give to ourselves. It is also one of the key ingredients of a healthy career. Try it sometime. Imagine if everyone did!

These are some of the key elements of a happy and healthy career. Find a way to incorporate them in your work. Your career will be the better for it.

Let me know if I can help.

Be well.

Clay Parsons
Alternative Futures
(510) 287-5664