

WORK OUT

In the meantime, take your job because it makes you happy now, not because it may make you happy tomorrow. Someone said, “Life is too short to be in the wrong job.” How true. Life is meant to be enjoyed. Forge your vision of a fulfilled life, and told your career along that vision.

A PROJECT GROW SERIES DISCUSSION GUIDE



Lesson 4 :THE ROOT OF SATISFACTION

GET STARTED

Share anything that is distinct in your profession and that others don't get to do, have, or enjoy it.

REFLECT

David Maister, in his book *True Professionalism*, said, “*You can't decide what you want from a job until you're clear about what you want from life.*”. **Some people have been too busy “succeeding” to figure out what success really means to them. This is one of the things we have to think through as we walk along the career road.**

Many are asking, “How do I find fulfilment in work”? But in order to know the answer, we need to ask ourselves a deeper question, “How do I find fulfilment in life?”. Then we can tie our answer with the job we want. In order to see whether our job is consistent with our life purpose, we need to ask the following questions:

(answer these questions during the session)

1. Am I basically happy with my job?
2. Do I give my best on the job?
3. Have I been thinking about quitting my job?
4. Do I feel that the work I am doing is worthwhile?
5. Do I feel that this job makes use of my abilities?
6. Do I look forward to going to work, as opposed to dreading it?

Work is but one part of life. True, it plays a big part, but we should not neglect the other areas of our life such as

People have their own definitions of fulfillment. It's not just about rank or salary. Someone may hold a job that doesn't pay much, but he's happy because he is helping the poor. Meantime, another person relishes a job where he gets to learn a lot. Don't forget the one who toils to lift his family out of poverty and draws immense satisfaction when he succeeds.

As we age, our ideas of fulfillment change. What we want today would likely be different from what we would be pursuing five, ten or twenty years down the road. Normally, young workers chase promotion, pay raises, and perks. But when we reach the peak of our career, our values may shift in what Bob Bufford calls, "*from success to significance.*"

In order to have a fulfilling life and thus, a fulfilling career, here are the elements we need to focus on:

1. Relationships

Unless one aspires to be a hermit, nobody wants to through life alone. The happiest people are those with vibrant relationships with their spouse, kids, extended family, friends-and yes, co-workers. Strive to build great relationships with people at work, and you will wake up each morning raring to go. Conversely, if you dread seeing certain people at the office, you will be dragging your heels going there.

2. Relevance

We all want our life to count for something. Thus, if we see our work as devoid of meaningful contribution, we can get bored and even despair. Not all of us can be Mother Teresa or always join Project Lingap, but we can do our part to make the world a better place. Thus, the clerk faithfully encoding data into her computer, the auditor doing his work with honesty, the call center agent staying focus at what he does-these kind of work benefit other people and thus have meaning. And with meaning comes satisfaction.

3. Rewards

You may be thinking of financial rewards. There's nothing wrong with being rich. The reality, though, is that many work hard to get rich, only to discover that wealth doesn't satisfy their deepest longings.

This is because such longings are more for relationships and relevance. Thus, fulfilled people are those whose work carries psychic rewards, such as the satisfaction of doing one's best or the delight of serving others. Interestingly, those who are rich and fulfilled are those who see money not as an end in itself, but as a means to a higher life goal, such as generating jobs or supporting laudable causes.

OPEN UP

So how does one find fulfillment in life, which ties in with happiness at work? One way to start is by completing these sentences:

1. The people I view as fulfilled _____

_____.

2. I feel fulfilled when _____

_____.

You may have friends or relatives who keep telling you what career you "should" have. While it is wise to listen and evaluate, in the end, only you know what you want from life. So what turns you on?

_____.

It could be service, ideas, artistry, machines, and so on.

What do you want to be admired for-and by whom?

_____.

Sometimes you discover your path to personal fulfillment in what you don't like to admit. There are people who became so famous and rich, but all along, had simply wanted simpler things in life. Doctors who just wanted and fulfilled to be artists. Do you also have your own secret career aspirations?

_____.

