

LOVE WHAT YOU DO



And you thought your job sucked

One of the greatest causes of disease and death in the western world is stress. This makes sense when you think that we spend the vast major of our waking hours at work. Not only that many people really don't enjoy what they do. Imagine turning up for 8-10 hours per day, day after day, week after week, year after year to a job that you just don't like.

This really is stressful and will affect every other area of your life; health, relationships, family, career and financial situation. So, what can we do about it?

My message is simple – if you don't love what you do then change it so that you do! You have two options:

1. Leave your current position and find a job or a business that you enjoy. Look for something that is aligned with your values, which includes doing things that you can be passionate about and with people that you like. The right opportunity is out there for you all you have to do is make a decision that you will find it and get into motion.
2. If leaving your current situation is not an option then change your attitude to it. If you make a decision to be better at what you do, to enjoy the challenges and work harder to achieve more then you will find that you get much more satisfaction and enjoyment out of what you do. You can choose this type of attitude – it is 100% in your hands. If you can't make better of your current situation – then refer back to number 1.

Life is too short to spend a huge chunk of it doing things that not only stresses you but negatively affect everyone and everything around you.

Live life and love what you do!



Photo by Vincent Laforet / The New York Times

