



Ideally, our careers lead us on the flight plan our spirit was designed for. But what about those times you get stuck in office turbulence, lost in power struggles, or buried in files? According to a recent report, 55 per cent of Canadian millennials are unhappy at work. In other age groups, 31 per cent say they want a career change. It may be a matter of connecting energetically to your work. Here are seven steps to help you activate your good energy.

7 STEPS

> WHAT STORY WILL YOUR CAREER TELL?
 > WHAT IS WAITING TO BE DISCOVERED IN YOU?
 > WHAT IS YOUR PURPOSE?

TO YOUR GOOD ENERGY AT WORK

1 DO THINGS A LITTLE DIFFERENTLY.

So often, the experiences that bring joy come when we stretch ourselves with new routines. Try 20 sit-ups and push-ups when you get out of bed tomorrow. Take a different route to work. Stop by a coffee shop and start a conversation with someone you've never



met. Stretching can mean developing a new strength, perhaps taking a business course or memorizing some poetry. Whether the challenge is emotional, physical, professional, or spiritual, doing things a little differently is good for your brain and spiritual health.

BE CURIOUS.

Master-certified Co-Active Coach Joni Mar recommends asking yourself some powerful questions to help you achieve your professional dream. Who do I want to be in the work I am doing today? What part of my personality do I want to bring to my work? What will my future self say about my contribution to bettering our world?



PLAY ALL IN. Whatever you are doing, do it to the best of your ability. As Miguel Ruiz says in *The Four Agreements*, "Your best will change every day" — and that's okay. It also depends on your style of engagement. Do you hyper focus and jump right in, make a plan for small, steady change, or put things off? Understand your own style so you can set up the right support system.



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MAKE A BUSINESS PLAN FOR BIG AND SMALL CHANGES.

Now you can take those clues and actualize that dream with working parts or actionable stages of change.

CREATE A VISION.

Daydreaming can give you clues about your dream job. Imagine how you want to feel one year from today. Imagine who you will be and which of your strengths will influence your career. Leadership, innovation, humour, positivity, energy, charisma, joy, sweetness, style, creativity, caring — which aspects can show up more? What will your life be like then?



It also helps to think about what you like doing and what is important to you about your work now. Is it the relationships, hours, financial rewards, stimulation, or difference you make? Take time to consider why you are in your present job.

When was the last time in your working life you felt "fire in your belly" — when your job did not feel like work. What was important about that time? How could you recreate that in your work life today? Maybe the change you need is just a shift in mindset.

CONSIDER YOUR LEARNING STYLE.

Are you a visual, auditory, or kinesthetic learner? If you are a visual learner, you learn best by seeing and reading. Try a vision board to post photos and words that express your dream. You may also benefit by journaling changes in your life or tracking your goals and measuring the results.

If you are an auditory learner, you learn through a combination of listening and

speaking. Sharing your plans with a colleague or working collaboratively will be helpful.

If you are a kinesthetic learner, you learn through hands-on "doing." Boost your motivation by recalling a personal success story and the feelings it generated.

Try morning meditation or keep a talisman symbolizing your commitment in your pocket.



7 COLLABORATE WELL.

Dan Seigal tells us the exchange and integration of information between two people and two ideas stimulates bigger ideas and a healthier brain; it may even prevent brain disease and help us live longer. When trying new things, re-inventing careers, and embracing change, we SNAG — stimulate neuronal activation and growth — each other. Collaboration creates a natural legacy of shared stories and helps give us life meaning — and then we mean more in life.

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