

## **ARE YOU ON THE RIGHT CAREER PATH? FIND OUT BY ANSWERING 4 SIMPLE QUESTIONS**

**By Dr. Daphne Mobley**

In the United States, people work approximately half of their waking lives. This statistic is even more amazing when you consider that some individuals spend their entire work day performing jobs that do not provide any gratification for them at all. On Sunday evenings, they become irritated by the mere thought that they will return to work the following day. Why should people spend half of their valuable lives doing something that is unfulfilling? Life can be too short and people are entitled to perform work assignments that give them total bliss, or at least a reasonable amount of satisfaction. It is critically important to pursue the career that you truly desire because this can ultimately result in greater happiness and good health.

Do you fit into this category of dissatisfied employees? The following four questions can help you identify the answer to this question.

- Are you going to work every day because you like your salary or the money that you earn pays your bills?
- Did you begin your career because your parents or someone else wanted you to pursue it?
- Has your work environment become so comfortable that you shy away from leaving your safe comfort zone?
- Do you lack excitement when you talk about what you do for a living?

If your answer to these questions is no – congratulations! You are one of the fortunate people with a career that satisfies your soul. However, if your answer to the questions is yes, you have a life changing decision to make. You can remain unhappy and maintain the status quo or you can develop plans to begin a fulfilling career. Although it may be quite unsettling to change from a job routine that you know well, you can now begin your journey to a rewarding career by identifying what you truly desire to do.

I know how frightening a career change can be. My life was dramatically changed when I resigned from my job as a corporate executive, established my own company and became a motivational speaker as well as a consultant. A myriad of feelings flooded my body and permeated every single bit of my being. My feelings ranged from guilt for leaving a Fortune 500 company that provided absolutely wonderful opportunities for me to fear of

assuming an entrepreneurial role all by myself. It was very difficult for me to sever my ties with a company that was such a large part of my life for over 16 years and pursue my own career passion. However, the immeasurable exhilaration overshadowed the guilt and fear when I simply imagined achieving my career goal of motivating others to pursue their own career dreams.

When you make the decision to embark upon your new career, you will no longer simply imagine true bliss, but you will actually feel it when you are completing work assignments that you truly enjoy. Then you will not mind when Sunday evening rolls around – you will look forward to every single Monday!