

Stuck in a job you hate? Yes, you CAN change it!

by **Becky Dieter**

You have heard it before, “As long as you are making money, what does it matter that you hate your job,” or, “You went to school for all those years to be a lawyer, and now you want to do what?”

When you are spending as much time as you do at a job, why should you be miserable? Why should you feel stuck and trapped? Don’t you deserve better than that?

I am here to tell you that it does matter if you have a job or career that you love. You do deserve the career of your dreams. In the words of J. Jacobs, “Real success is finding your lifework in the work that you love.”

I have been there. I got my degree in business/human resources and went off into the workplace, only to soon realize that I needed more education to move up the food chain. So, off I went to law school with the hope I would get out and really make a difference for people. Well, after over 10 years of practicing different types of law, I realized that I was not making the difference that I had dreamed of. Feeling frustrated and unfulfilled, I hired a coach who guided me down the path of becoming a coach myself. I now love what I do! Sometimes we know that we are not happy in a career but are scared of making a change. Or, are you ready to re-enter the job market after a break from working and the thought of a new job just terrifies you? Change means moving from what is comfortable and taking a risk at something new. You have to believe that you have value to give to the world and it is just a matter of finding what is right for you. Fear can paralyze us so that we are unable to move forward. It is scary, and it is hard to start over, but the benefit gained of loving what you do is priceless.

Annais Nin says it well, “And the day came when the risk to remain tight in the bud was more painful than the risk it took to blossom.” Has that day come for you? Are you ready to blossom?

Finding the courage to accept that you need a change is the first step of the journey in discovering the career that you love. Asking for help and having someone who can support you on your journey while you explore the possibilities may be the next step for you. Accepting that finding that right fit may take some time is also important to understand before embarking on your journey.

You have a gift that the world is waiting to enjoy. You can be fulfilled in your career! What are you waiting for? Take your first step.

**As printed in the Mountain Connection
March, 2008**