

## COLLABORATIVE LIFE COACHING

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### Whistle While You Work

The Dwarfs, Dopey, Grumpy, Doc, Happy, Bashful, Sneezzy, and Sleepy were my first introduction to attitude. Remember the goofy song these guys sang in the animated movie "Snow White"? I saw it at about age four, and bought the whole concept. I also had parents who taught me to be optimistic and positive. Now that I have worked for some 34 years, however, at the end of some days I am looking for six happy friends to join me in the diamond mine. How about you?

Please join me in answering these questions about how we spend most of our waking hours in life. You can increase your work potential and satisfaction if you give it some thought, and then take action to solve any discovered problems.

1. What is the real nature of your work tasks? Are you organizing, rescuing, leading, responding, creating, planning, visioning, working with details, changing the earth with your actions like construction or advocacy, or teaching?

Figuring out what you are really doing is key to understanding why your work can be satisfying, joyful, frustrating, or overwhelming. A way you can do this is to analyze each work day in the past week and write down what tasks you were doing and for how long. Please also consider the time you spent off work when you were thinking about work.

2. Do your work tasks fit your personality?

When I have coaching clients take the Strong Interest Inventory that measures how well their personality matches certain careers, many are surprised to find they are doing something that doesn't match! Research shows that when your personality is a good "fit", work is much more enjoyable and burn out much lower. Sometimes we just start on a path, and didn't know how to change it, or get promoted into something we never wanted to do. The Strong Interest Inventory divides careers into realistic, investigative, artistic, social, enterprising, or conventional by task. Do you know whether your work fits you? If you are curious, contact me and you can take this inexpensive test on line. If it turns out you don't match your job, the test will suggest where to begin.

3. Do you have the skills to be doing what you are doing?

This sounds like a trick question, but we can rise above our training and abilities and find ourselves

working by instinct, or by "the seat of our pants." This leads to blunders and moments (or months) of terror as we worry our feared incompetence will be discovered. Expert training, reading books, online classes, etc. can stretch our skills so we are productive and comfortable again. How long has it been since you took any training or read a book in your field?

I hope your work is a great fit for your personality, but if it isn't, the problem can be solved by first getting clear about what you want. I hope for you also that you can whistle at work sometimes this week, and be well!

To your wellness!

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