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**Does Work = Sacrifice?
Declare a New Rule**

I'm hearing this from so many people who are capable, intelligent, hardworking, generous, and downright amazing. Depending on their situation, they're saying things like:

"I'm exhausted by the end of the day."

"I'm barely making it financially."

"I like what I'm doing, but how can I do it without getting drained?"

"I know what I'd like to do, but I can't afford to quit this job. I'm stuck."

"I feel like I'm sacrificing myself for my job."

There seems to be an assumption that you're supposed to work hard all week year round and use weekends to do laundry, grocery shop, and handle other chores to prepare to make it through another week. That's not thriving-- that's surviving. Sure, you may get some vacation time, but many people complain they work harder before and after vacation just trying not to be so buried by their to do list when they return.

This way of working isn't natural or sustainable, and the consequences are catching up with a number of people. They're suffering physical or mental health issues, not performing well, experiencing financial hardship, and not enjoying life. It becomes even harder to do what needs to be done, creating a vicious cycle. And, these aren't the kind of topics many people want to discuss. (One of the common underlying thoughts is, *"Everyone else seems to be doing fine. What's wrong with me?"* If you only knew the truth . . .)

Who made up the rule that "work = sacrifice" anyway? More importantly, do we have to keep this rule? I don't think so! However, I think the answer isn't just in quick fixes. I think it requires a paradigm shift and starts by declaring a new rule. If you could declare a new rule about what you'd like work to be, what would you want?

I'd declare, "Work = nourishment, freedom and joy." To me, that's what thriving at work is all about! It's beyond surviving another long, hectic day, managing stress, and just trying to balance work and the rest of your life. It's the freedom and joy of using your gifts and talents in ways that fulfill you and benefit others while being nourished by work, not drained.

So, if there's something you'd really like to change about your work situation, why not use this holiday weekend to take a few moments and declare your new rule?! Email me if you have a suggestion you'd like to share.

Then, ask yourself, *"What's one small step I can take to make this rule a reality?"* That's how it starts. :)

Have a nice holiday weekend & live well,

Christine
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