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Are You Feeling No-Where or Now-Here?

It's time for our annual career issue. This year, excerpts from my book, "Career On! Creating Career Clarity, Confidence and Avoiding a Career Cul-de-Sac." Are you feeling a sense of stagnation and that feeling of going nowhere? If so, it can often lead to malaise and lack of effort.

Developing clear cut career goals and keeping those goals in mind with your personal values can give you the incentive to keep going.



Here are some steps you can take right now:

1. Investigate alternative career paths for yourself. Look inside your organization and talk to trusted colleagues and your boss to get their perspective.
2. A good place to look for free is the Occupational Outlook Handbook: <http://www.bls.gov/ooh/> and O*Net: <https://www.onetonline.org/>. These resources provide a lot of good information on qualifications, salaries, educational requirements, work environments, and professional or trade associations.
3. After you research possibilities, you can talk to people in a career you want to know more about.
4. Formulate tentative long-range career goals based in your research and your discussions.
5. Write the steps you will need to take and what attributes you must have in order to achieve this goal and be successful.
6. Develop an alternative or "second best" career goal.
7. Contrast the different sub-goals you must achieve in order to attain either of these ultimate and optimal career goals.
8. Establish short-range goals based on the longer-term goals you have tentatively established. For example, determine where you would like to be by the end of the next five years and what steps you will have to take to get there.
9. Prepare a time table for your short-term goals.

Take the Oxford Happiness Questionnaire?

Scroll down to link to our free assessment!

Stay Healthy

Staying healthy is a prerequisite for career health and personal motivation. **Optimal**

physical and emotional health is crucial for your ability to stay on your career track.



1. If you have not had a physical exam in the last 12 months, schedule one within one month and follow your doctor's recommendations on exercise and diet.
2. Keep a regular regimen of physical activity tailored to your individual needs and interests. Investigate a good health maintenance program as a means of defining your physical needs and lifestyle changes.
3. If emotional problems are interfering with your job performance, identify sources of stress and take action in alleviating them. Do not be ashamed to seek assistance; admitting a problem is an indication of good mental health.

Choosing Your Viewpoint, Managing Your Mindset

Your mindset shapes how you view and interpret the events in your life. It determines the kinds of stories you tell yourself about what is happening around you and what your actual influence may or may not be in a situation. In work and in life, setbacks are inevitable. How you choose to view these inevitabilities determines your outcome.

Research psychologist Carol Dweck points out the difference between a fixed mindset and a growth mindset. The individual with a fixed mindset has an internal dialogue focused on judging both self and others - good, bad, positive, negative - and they are overly sensitive about being wrong or making a mistake. **Individuals with a growth mindset are monitoring what is going on, but without all the judgment. Typically more self-aware, they are apt to observe and learn from a situation,** rather than judge and invent worst-case scenarios. Additionally, someone with a fixed mindset is most focused on the outcome in a situation, whereas someone with a growth mindset is interested in the process and learning potential, as well as the outcome.

FREE ASSESSMENT

Oxford Happiness Assessment:

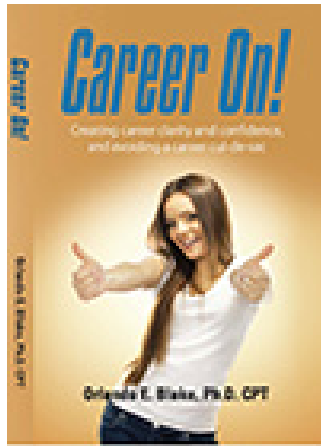
Take this Assessment by clicking here.

[Assessment](#)

FEATURE BOOK

Career On! Creating Career Clarity and Confidence, and Avoiding a Career Cul-de-Sac. By: Orlando E. Blake, CPT, PhD

Career On! is designed to help you develop a fulfilling career. The contents are designed to be a "roadmap" for your career development. This "roadmap" will lead you from where you are now through where you want to be, and how you can get there. Career On! has strategies for sustaining your efforts for the long haul. Keep it handy for use as a "how to" guide and a reference manual in developing your career.



Order Here

Have a happy and safe
holiday season. See
you next year!

Orlando



Sincerely,

Orlando E. Blake, PhD, CPT

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Testimonials

"In one word - OUTSTANDING!"
- Carmen Conicelli, CFO, Edmund Optics

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