

Tips on Embarking Upon Your Life Work

1. Find peace in your situation.

Whether you're looking for a job, struggling to find peace in your own work or considering a career change, let some trust, harmony and peace enter into this structure of your life. Let go of any difficulties you're having -- don't dwell on them. Be open to clarity, guidance, and inspiration.

2. Meditate & vision.

Centering and being open is the surest way to stay on track and gain clarity in any situation. I have my clients "center" (it's really meditating) before any speech, media encounter or important meeting. It gives them strength to handle any situation. Learn to vision, which is focusing your meditation on a particular area of your life (though we remain open to whatever comes up). You will gain great insight into the things you need to be doing (or being).

3. Exercise compassion often.

Evelyn Underhill, the great mystic, called self-absorption "dirt on the windshield through which we see God's reality." When we practice compassion, we learn to get out of ourselves and listen very deeply to others, to think of them and their needs. In dealing with someone whom we find "difficult," it helps to remember that this is just another human being, whose pain or fear is causing his or her bad behavior. There are no enemies or rivals. And if that person knew better, they'd do better. The greater the understanding we give to others, the more it benefits us. A boss who senses that you're *with* him or her, recognizes your wisdom and caring, and promotions & raises follow. A great "how-to" on working with people and exercising compassion can be found in the excellent book *The 7 Habits of Highly Effective People* by Stephen Covey.

4. Remember why you're working.

When we remember that we're working to enact our own talent, we find ourselves inspired to do truly excellent work. This benefits everyone, including us. No matter the job, doing it well brings inevitable rewards in one way or another. You may get a promotion or another job offer from someone who is aware or the pride you take in your work. Or gain clients as word-of-mouth gets out. No matter how small it may seem, you can make your job important. And we've all seen people who, while they appear to have an unimportant job, have made so much of it and done it so well, that they transcend the position they're in

5. Look for role models and choose well.

At every stage of our lives, we learn to do things by imitating others. This holds especially true in our work. Strive to be around those you admire in what you do. Learn from them, and then tailor what you learn to suit yourself. Integrate all you learn into your own way.

6. Know who you are.

The bottom line is that you are supremely worthy, talented and important with talents that must be expressed. You are no better or worse than any other being on this planet. This means that you must have confidence in yourself. So don't limit yourself, and don't think small. I frequently tell my clients, "don't claw your way to the middle." This means not settling for mediocrity, but looking at the best that's ever been done in your field and doing better. If you can imagine it, you can achieve it or have it. And the minute you gain a knowledge of your infinite worth, others sense it, too. People won't question what you charge; they'll know you're worth every penny of the money they pay you even before you've shown them just what you can do.

7. Be active and take risks.

Don't be scared to say "yes", and throw yourself into an endeavor, particularly if your doubts have to do with your ability to do it. The only way we grow is by always stretching and stepping out. And note that commitment doesn't mean you're stuck. If you think it means you won't ever do anything else, look at the example we have in our culture of people who've excelled at one thing and gone on to achieve many other things as well.

8. Allow yourself to be vulnerable.

It's okay to ask for help and to admit -- to ourselves and others -- that we're needy. That's part of the interdependence of humanity. So, put out that energy when you need to. Get out the word that you're looking for a job or clients, and help will arrive.

9. Be flexible.

Always seek to grow, change and expand. All outward manifestations shift so must remain open to the new and let go of things as they change.