

## Work: Your Life's Purpose In Action

By

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*"A vision without a task is but a dream; a task without a vision is drudgery;  
a vision and a task is the hope of the world."  
-From a church in Sussex, England, 1730*

It's interesting that we make such a distinction between work and play, between our livelihood and our leisure. Caring about our work, liking it or even loving it, seems strange if you are focused only on making money. Our unhealthy attitudes toward work can be traced back to our Puritan work ethic. It's part of a 17th century theology that believed only a certain number of people were going to be chosen by God. Although there was no way to tell if you were in the good group, there were definite ways to tell that you were not. Any signs of sloth, lack of prudence, and especially lack of worldly success were sure signs you were not chosen.

Our unconscious belief system still lingers in these attitudes: Children play, adults work. Work means you are officially grown-up. Work is something that you have to fight for. Work is something you are not supposed to like. People who don't work are either very poor or very rich, but only the poor are considered lazy. Losing your job is one of the most shameful things that can happen because you will have to ask for handouts and everyone will think you are a freeloader.

Our parents were taught to develop a marketable skill to earn enough money to get what they wanted. They worked their jobs so they could have weekends, vacations, and maybe even take "early retirement." Today's generation says "Why should I work 70% of my life so I can do what I want 30%?" The wage slave mentality is giving way to the awareness that the quality of our lives and the quality of our work-time are the same. People are seeking more than money. They are seeking personal fulfillment, taking more chances, being more honest and open in their communication. Some call this finding your right livelihood. How do you know if you're there? Consider these characteristics in your work life:

Passion - looking forward to each day with excitement (not just week-ends and vacations)  
Curiosity – room to keep on growing and learning (constant improvement)  
Service – using your unique skills to serve the community (knowing what you do is worthwhile)  
Appropriate – fits your aptitudes and talents (doing what you love)

To find your right livelihood, you have to give up the victim mentality which says, "My life is at the mercy of people/situations beyond my control." Your list may include your upbringing, genes, hereditary, social class, education, parents, mate, boss, the economy, the government, big corporations or particular enemies. All of us are a victim at some point in our life – facing circumstances beyond our control. Being a victim means battling powerful obstacles. Having a victim mentality means giving up by saying, "What's the use? Why even try? It may work for other people, but it won't work for me." It takes guts to leave the ruts!

But the effort to go from meaningless employment to right livelihood means you will never have to "work" another day of your life!

As a nation, we were victims from the events one year ago. In reflecting back to 9/11, ask yourself these questions:

How have I changed my priorities? What standards have I raised? How do I treat others and myself?

How do I spend my time? What will never be the same in my life? What legacy do I want to leave?

In your answers lie your vision and your task which is the hope of the world.

**Dr. Darlene Treese** has been in private practice in hypnosis and counseling since 1983. She is a Diplomate in Counseling with the National Institute of Sports, Past President of the American Psychotherapy and Medical Hypnosis Association and Vice President of the Rotary eClub of Southwest, USA. Darlene has been internationally acknowledged for her positive action and solution-based therapies and work with corporations. "A person for the people," Dr. Dar is always available to help with your questions and dilemmas through office visits, email or telephone consultations. Call her at **850-201-0073** or visit **[www.AskDrTreese.com](http://www.AskDrTreese.com)**