

# Stressed about Work? Not Enjoying Your Job? Add a Dose of Passion

By Leonard Lang, Ph.D

Are you feeling passionate about what you are doing at work?

If the answer is yes, it's probably showing up in low stress, more happiness, and low blood pressure even when there are "bad" days.

If the answer is no, you are probably feeling more stressed than you need to and less able to handle crises and frustrations at work.

In my coaching and classes I emphasize connecting with passions from the get-go. It's the starting point for discovering your lifework. But even before my clients discover their lifework vision, I see that when they connect to their passions, they become much happier, as well as much more energetic, enthused, and confident. We also have a lot more fun in class and in coaching sessions.

But what about the time spent at work that isn't your dream job? Is that outside the passion zone? Are you stuck in boredom, frustration, stress?

Surprisingly, no. One of the secrets to making your current work more passionate and exciting and fulfilling is to include it as an important part of your larger lifework vision and plans, as a springboard to a better career choice.

Of course that means you need to know your lifework vision. But once you determine that and even to help you determine that, you can begin to shape your current work in ways that will add passion and reduce stress. For instance

1. Gear your learning and experiences on the job to what you need to know for your future lifework choice. This will engage you much more fully in your job in a positive way.
2. Ask for the tough assignments that will help you demonstrate competence in ways that will help you land or succeed in your ideal job, while also helping you with the current job.
3. Be creative to gain experience in problem solving. This is always engaging and will help you in any future career or job.
4. Build relationships. It's rewarding in itself, pleasant for others, and will improve your work now with customers/clients and staff while establishing networking connections and recommendations to help you get your next job.  
There are probably opportunities available you weren't thinking about when you were just feeling stuck in a job you didn't feel passionate about doing.
5. Use offsite educational opportunities available to you to further your career wherever you are.

These are just a few things that will connect you to your passions and to your lifework vision where so much energy resides and so much more power to act without feeling stressed.

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