



Be clear how your job serves you  
Find the right fit  
Set your thermostat  
Do  
Make  
Create a lily pad



Have a toad-le blast!  
Chill once in a while  
Handle the office jerks  
Key  
Be grateful and  
Perform a balancing act

## SPECIAL REPORT: February 2010

### Feeling More Stuck Than Lucky?

Job satisfaction is the lowest it has been in twenty years. You're not alone if you feel that in this economy you should be lucky to have a job, but feel more stuck. We all have friends or family who are out of work, some for going on a year or so. None of us want to substitute our days with waking up and spending hours on Craig's List, sending out resumes. But, that doesn't make that feeling of dread go away on our commute to work.

This may not be your dream job, and you may not want to be doing this for ever, but for right now you have made the choice to stay in this boat to weather out the storm of this economy. Good for you. Here is a quick **DO-IT-YOURSELF JOB SATISFACTION KIT** to help you keep your spirits up until something more satisfying comes along.

- ✓ **CHOICE!** Keep in mind at all times that this job is your choice. Sure, there aren't many alternatives, but the bottom line is, it is your choice to get up in the morning and drag yourself to this particular job. Re-examine why this is your choice. What is this job doing for you, your family, your life?
  - Helping you keep up with your bills?
  - Providing health care for you and your family?
  - Keeping your resume current?
  - Connecting you to a network of people?
  - Giving you a chance to exercise and/or learn skills?
  - Rescuing you from Craig's List?

Now, take a moment and reflect on this choice and think about how this job may not be the best fit right now, but it is providing for you and appreciate that.

- ✓ **FEED YOUR SELF!** I don't mean a cheeseburger, I mean feed your inner self. So, your dream job isn't being a business analyst, what is your dream job? An interior designer? Chef? Journalist? Entrepreneur? Forensic Investigator? Web Designer? Lawyer? Doctor? What ever your dream job is, feed that possibility in small ways, for example:

- Robin works for a construction company doing invoicing. Its ok, but not her dream job. She is taking a class for interior design at the local architectural

school and loves it!

- Derek works for a bank, but dreams of being a screenwriter. He sets an hour a day aside to work on his screenplay and to seek out avenues for him to get it picked up. *“I know I’m a screenwriter, but I appreciate my job at the bank, because I can’t support myself as a screenwriter right now,”* he says.
- Laura works for a corporate catering business, but dreams of having her own restaurant. *“At lunch, I check out locations that are available, and often go to look at them. I’m also building my menu by experimenting with recipes. So far I’ve got about half my menu created,”* she beams.

What inner passion do you have? Think of little baby steps you can take to head in that direction. It doesn’t have to be as time consuming as a class. If your dream is to sail around the world, stop off at your local nautical store and pick up some ropes, a map, or a sailing magazine. Any little step in the direction of your true passion will help you be more satisfied with your “day job.”

- ✓ **LIGHTEN UP!** Just like the boiled frog, seriousness can creep up on us. One degree at a time we begin taking things way too seriously. I am guilty of this. This week my computer got a virus and contaminated my internet connection . . .forty five minutes before a webinar! With out boring you with the details, I ended up delivering an hour of a ninety minute session with a participant moving the slides for me. Finally my manager said, *“Sharon, its not like you hit someone!”* She was right, I was beating myself up way beyond the dead.

Everyone is feeling this economy. No one is escaping it completely. But we create our own experience and we can create some satisfaction regardless of what job we have right now. We can appreciate what our job is doing for our life right now, feed our passions in little ways, and remind ourselves not to take things too seriously.

Happy Valentine’s Day!

**Sharon Hoyle Weber**

**Phone:** 781-424-0442

**Email:** [sharon@hotinthepot.com](mailto:sharon@hotinthepot.com)

Cohasset, Massachusetts USA

<http://www.hotinthepot.com>

## About Sharon:

Sharon Hoyle Weber began her career as a modern dancer and choreographer. Seeing how little money followed when she was doing what she loved, she started working with Forum Corporation, a training and management firm. She was initially a project manager, but soon became certified as a corporate training facilitator.



For fourteen years, she has been traveling around the country teaching skills that help people work most effectively together. Through her relationship with Forum and Results by Design, she has worked for many Fortune 1500 companies such as Deloitte, Liberty Mutual, Bank of America, and Hasbro Toys. Her experience with such a variety of organizations has taught her that the real self is at risk in the workplace.

She describes her own experience as if “my real self was dripping out of me every day.” Once her colleague described it as the “Boiled Frog Syndrome,” she could immediately relate to feeling boiled.

After meeting thousands of employees and interviewing thirty Thrivers, people who make a good living and maintain a sense of authenticity at work, she discovered the Twelve Secrets of Thrivers that contribute to reviving and sustaining the real self in the workplace.

Ms. Weber lives in Cohasset, Massachusetts with her husband, Steve.