

5 Cool Ideas for Loving Your Job

By Michael Angelo Caruso

(as published in “Oakland B2B,” business newsletter for Oakland County, Pontiac, Michigan)

Apparently, most people choose to spend around 2,000 hours per year doing something they don't like. A recent poll shows that 68% of Americans do not like their job. Some people string 30 unhappy years together and refer to it as a career. Here are 5 Cool Ideas on what to do about putting some spark back into your job.

1. Step back.

A business course at your local college or university can help rekindle positive feelings about your life's work. Remember what you have forgotten. Crack some professional development books like Tim Sanders' "Love is the Killer App" or "The Four Agreements" by Miguel Ruiz. Make time to attend a keynote speech or a seminar every three or four months.

2. Step out.

Attend trade shows, book clubs and networking meetings. Stop by a Rotary or Optimist club to break bread with some of the coolest people on the planet. Active people will energize you and their terrific service work might offer your vocation a new dimension.

3. Step inside.

You accepted the job for a reason. It may be time to revalidate your decision and reconcile your ill feelings. Instead of making a list of the top ten reasons to quit your job, make a list of the top ten reasons to *stay*. If the reasons to stay look convincing, cut yourself some slack and learn to regularly congratulate yourself on a sound decision.

4. Step up.

Make it a habit to ask for more responsibility at work. This is a great way to invite more opportunities, which may be just your ticket to an emotional rescue.

5. Step aside.

Maybe it's time to leave. It's sad that 68% of Americans don't like their job. It's even sadder that half of those people will not leave the job for something else. During one of my recent seminars, a woman lamented about how miserable she was at her current position. When I asked why she didn't leave she said, "I not sure I would be happier somewhere else."

Michael Angelo Caruso is President of the Edison House, a Detroit-based communication company. He is the author of "5 Cool Ideas for Better Working Living & Feeling," "Hmmm . . . Little Ideas With BIG Results" and the audio book, "Dear Michael Angelo – A Father's Life Lessons To His Son." Mr. Caruso delivers 180 presentations per year. Click [here](#) to request booking information. Mr. Caruso can be reached at 248/546-9140 and at www.EdisonHouse.com.

©2003

This article is available for reprinting and republishing in your corporate newsletter, e-zine, web site or advertisement. Please click [\[here\]](#) to request permission.