



Become the Person Whose Expertise Enriches Their Whole Life.

The way you feel about your job can best be described as the Goldilocks Effect; namely that there is a fine line between being too emotionally attached (too hot) to your work and being detached (too cold) from your professional space.

That is right, the best way to design your Live Love Life is to ensure that your emotional attachment to your professional space is as Goldilocks said, “hmm, this is just right”.

This allows you to reap all the benefits of a successful career without it impacting mentally, emotionally, physically, spiritually and financially on your Live Love Life.

In a world that more or less teaches us that being in love with your job is the ultimate way to live, it's understandable that you may be confused by my comments that the “too hot” (loving your job too much) approach is just as damaging as the “too cold” (hating your job) approach.

Answer these questions to figure out, which bowl you're currently eating from.



- Do you have an unhealthy emotional attachment to your job?
- Is your career ranking as a top priority in your life? At the cost of your health and your relationships?
- Do you push yourself to continually work harder to ascend to higher levels of success?
- Has your work become ingrained in your identity and self-image?
- Are you committing most of your time and your thoughts at the cost of your emotional wellbeing?



- Do you hate your job?
- Do you always get the Sunday night blues, knowing that tomorrow you must go to work?
- Are you just biding time, waiting for life to take control and move you along to the next role or business opportunity?
- How does it affect you when you drag yourself out of bed each day, forcing yourself to go to work, knowing that you are only there for the pay packet each week?
- Have you had a job you loved? Did you notice how much more alive you are when you loved your job?



- Are you appropriately emotionally attached to your job and have set boundaries to ensure that each area of your life receives as much love and attention?
- Are you able to leave your work at work and your home at home?
- Do you wake up every morning eager for what the day will bring (no matter where you will spend the majority of your day)?

Moving from Too Hot to Just Right.

Your job/company is not the entirety of who you are and if you do not have any self-concept beyond your job, that's usually a solid indicator that you're too attached to the idea of what the job makes you.

Happiness should not and cannot come from your job alone.

Here are some questions and concepts for you to reflect upon. Once you are aware of these traits you can easily change them through creating your appropriate Vision and Target goals and then scheduling the required action steps.

- **Do you flip out in high-pressure situations?** Those of us who pride ourselves on being career-oriented can get so wrapped up and emotionally invested in our jobs that it negatively impacts our overall happiness and mood. When pressures mount and things get tough; as they do in a competitive world, do you react emotionally and not in a good way?
- **Are you a micromanager?** Do you tighten your grip, stifling other's creativity and innovation to a point that severely limits the company's scalability and growth? Do you feel you need to make every decision? If this is the case, you need to know there are numerous decisions that can be made just as well by others, and there's no better way to allow others to develop their own skills than by letting them make decisions.
- **How do you handle criticism?** When others disagree with you, do you take it as a personal attack? Can you at times be a bully, aggressive and destructive? Are you too close to the situation?
- **Do you have the proper perspective & are making the right decision?** Perspective requires distance. Dilemmas, trade-offs, and tough, sticky problems are common in business. You can't resolve them objectively when you're too close to the problem, emotionally speaking. You have to achieve some level of separation, in order to look at all the angles, all points of view. That leads to good decision-making.
- **Are you a control freak?** Knowing you're a control freak is a big advantage. You can still be a controlling person, by nature, though that doesn't mean you have to behave like one.
- **Are you a Good Listener?** You have to know when to step back, lower the emotional intensity, be quiet and really listen to what others and your own inner voice have to say. That will bring wisdom when you need it most. Learn to be quiet and listen.

When you're aware of who you are and how others see you, then you can choose how to act. If you can step back, delegate and trust others when you need to, then you're in reasonably good shape.

Working and being a leader, (of your life and leading others) is about balance. There's a balance, a yin and yang, to all things in nature including how people behave. Yang is the aggressive, controlling, action-oriented way of being. Yin is the passive, receptive, nurturing approach. Too much yang without the yin is usually a very bad idea.

Moving from Too Cold to Just Right.

So, if you are a person who clearly hates their job, though feels that they are stuck (due to financial reasons or lack of qualifications or professional skills), I highly recommend that you introduce some, if not all of these “Live Love: *Love Your Job* Gems” into your Live Love Gem Box and start taking DAILY ACTION STEPS now to move into your ideal *Live Love: Love Your Job*, role.

Step 1: Diligently plan your exit date: Remember Vision and Target Goals? (Week 3 Video 2). This is the time to really start creating your Live Love Professional Vision and Target Goals. Here are the Live Love questions you need to be spending your ME time answering in order to create your Live Love Dream Role:

1. Consider what would you prefer to be doing.
2. What steps could you take to get there?
3. What skills will you need to learn, in order to do that role?
4. Look around at the various management styles in the office. What traits would you like to emulate? Which ones would you like to make sure you never adopt?

Once you have figured out your ideal role and the skills that you need to learn, start designing your detailed plan. List every step required, add a timeframe for each step to be completed. Download the “Ideal Live Love Professional Life Action Plan” pdf.

Then, schedule each step into your calendar. As we have discussed multiple times, once it's in the calendar we do not move it for anything, we make it happen. We perform the task. Right?

This will give you your exit date. It may be 6 months, a year or even 5 years from now. It does not matter, we now have a date as to when you will be leaving the job that you hate. This in itself will make the job more bearable!

Step 2: Change your attitude to your current role: As you're planning your next move, it's certainly not in your best interest to continue to feel overwhelmed with misery in your current role. After all, what if your next career move is a few years in the making, is it worth it to be unhappy for that whole time?

Here are some easy to introduce habits/ traits that will ensure that you always go for the more uplifting thoughts and feelings.

- **Focus on the Positive Aspects of Your Job:** Stop focusing on all of the negative aspects and start focusing on those positive aspects instead.
- **Make Your Workplace More Pleasant:** Contribute towards creating a pleasant work environment. Minimise your time with people that you do not resonate with or like.
- **Make Your Work Area Visually More Pleasing:** Make your area yours. Have some plants, posters and pictures that uplift you. A plant symbolises growth. Know that you are planting seeds that will grow into your Live Love Life.
- **Practice Gratitude:** This will counter your negative thoughts. You'll feel happier overall and you'll see your job in a more positive light. Gratitude reciprocates, creating more to be thankful for. It's simple and it works.

Step 3: Become more engaged in your current role: Even if you have already decided that you are going to leave the company, this advice still applies. After all, is there a possibility that you might need a reference in the future? Make sure to keep the long game plan in mind and put in your best effort as you prepare for your next move.

- **Look at possible courses that will give you the required skills.** Then approach your boss to see if they will invest in you. If you have been a disengaged employee for a long time, you may have to ask them what you have to do in order for them to invest in you.
- **Look at ways you can give back to the company.** Maybe it's as simple as you become more creative and start working on more varied projects, that will assist the company to retain more profits.
- **Become more efficient.** Spend some time alone contemplating how you could do your role more efficiently. Or how the whole department / office could run more profitably.

This in itself, will lift your spirits. Know that everything you'll be learning and implementing will serve you greatly in the future – mentally, emotionally, professionally and spiritually.

A person with a detailed plan, scheduled action steps, which they diligently take each day, is guaranteed SUCCESS.

The “Just Right” Goldilocks Approach

There's a lot to be said for being personally and emotionally invested in your vision, your ideas, your company, your work. It creates a level of energy and excitement that draws and attracts would-be employees, investors, and customers. Though know that your work is only one-ninth of who you are. Keep it all in perspective.

- **Make sure you know who you are, without the professional role.** You play many different roles in your life ~ mother (father), daughter (son), wife (husband), sister (brother), meditator, friend, sports fanatic, health expert, concert goer.... This list is endless. Far too many times people are made redundant (laid-off) and they go into a deep depression, as they have lost their whole identity in the process.
- **Know you'll PLAY many professional roles.** You will probably work in and/or own several businesses in your lifetime. They are just stepping stones to you learning all of your life's lessons. Just another way for you to design and create your most fulfilling meaningful and complete life, your Live Love Life.
- **Know you are not your job.** The more we are aware of the fact that we are not our job, the lower is our potential for stress and our risk of burnout. More effective and frictionless collaboration with others, the more enjoyable is our Live Love Life.
- **Set your boundaries.** Start to set boundaries about the way your professional life impedes on the other areas of your life. Schedule your time to live in each area, be present in each area and to thrive in each area.

This is the essence of Live Love By Design and the Live Love: Keys to Your Success program. You need all areas to make you whole, otherwise you will have a deep hole inside of you that is always trying to be filled.

Let today be the day you give up who you've been for who you can become ~ in all areas of your life.