



The Work Solutions Group
because work matters....

Keeping the Excitement Alive from 9 to 5

Steve Irwin, “The Crocodile Hunter” was a role model for “*Keeping the Excitement Alive*”. On his many animal shows he was the most engaged, enthusiastic, passionate person and his energy immediately drew you into him and what he was doing.

So what’s preventing you from “*Keeping the Excitement Alive*”? Have you lost interest in your work, is your boss frustrating or are non-work issues distracting you from being totally present at work? Evaluating the work you do is the first place to start.

Based on your current job function, consider the following questions to determine whether the work you’re presently doing is the right fit for you:

- Does what you do match your interests, skills, abilities, talents?
- Is it fun for you?
- How much are you being challenged doing it?
- Do you feel a sense of purpose doing it?
- How much are you learning and developing new skills?
- Is it in line with your values?

Were most of your answers positive, i.e. your work is fun and you feel a sense of purpose? Or were your answers more negative – you’re not being challenged and the work is not in line with your values. If your answers were more negative, it may be time to re-evaluate whether your current career is right for you.

If it’s time to re-evaluate your career choice, there are two possibilities: First, you may know what else you’d like to do, but just got sidetracked at some point and now you feel stuck. Second, you may have no idea what you want to do, but you know that what you’re doing is not for you. In either case, working with a career coach can provide the support structure you need in this process.

Call The Work Solutions Group today and let us help you *Keep the Excitement Alive!*