

5 Tips for Career Fulfillment

by Jane Smith

Ambitious but not getting as far ahead as you'd like? Make waves in your career with utilising key tips and techniques to achieve your goals.

1. Get to know yourself

Having a thorough understanding of your strengths, interests, values and personality is vital for choosing the right career path. There are many ways of developing this kind of self awareness. Try asking family or friends to help you identify your talents - you may be surprised at what they come up with. Or do an objective psychological test like the Myers-Briggs Inventory Report.

2. Keep your options open

Keep an open mind, because your dream job could be where you least expect it. If you are attracted by a particular industry or organisation, it's easy to find out more by exploring the relevant websites.

3. Be ready for change

Change is here to stay, whether we like it or not. We're foolish if we get angry about it or try to ignore its signs: successful people use change for their own ends, instead of just reacting to it. Below is a list of five principles which should guide your behaviour in coping with change:-

- Focus on the tasks you face now, not on how things might turn out in the future
- Be prepared to make things happen
- Avoid tunnel vision, be creative and look for alternatives
- Take personal responsibility for updating your skills
- Pay attention to your positive qualities, rather than any limitations you may have

4. Learn from your mistakes

When you attempt something and it goes wrong, you may feel hurt, angry or just plain embarrassed. But don't be discouraged – try to turn the failure into success by viewing the incident as a chance to learn. Analyse the events and the behaviour that led to the failure and try to see what you could have done differently. How can you make sure it doesn't happen again? If it really was your fault, it is important to take responsibility and not blame others. Above all, remember that you are only a 'failure' if you quit when things go wrong. When things don't work out as you planned, what happens is neither good or nor bad, but merely information that will help you improve your plan next time around.

5. Believe in yourself

You can't go after what you want if you don't really believe in your ability to achieve it. Most of us have a mixture of self beliefs, some of which are positive and 'empowering', while others are negative and 'disempowering'. It may be that you have low self-image at work, but you might also see yourself as being good at a sport or hobby. The trick is to replace any negative beliefs that stop you getting where you want to go with positive beliefs that will help you to reach your goals.