



CHAPTER 3 | Work and Career

It is remarkable that our society requires a person to make a decision about his future business life when he is barely capable of doing so, namely in his earliest youth. For example, at the end of primary school, a child is asked to make a choice with regard to further education and, during secondary school, with regard to his profession or studies. This choice is guided by mental indicators such as tests. It goes without saying that in this period of his life a child lacks the necessary life experience and self-knowledge to make a good choice. On the other hand, what is abundant are factors that limit the sustainability of this choice. These are the development of the ego and the impulses of the outside world, such as the beliefs or the profession of the parents. It is therefore understandable that many people who are in the middle of their working life are struggling with the consequences of decisions made under these circumstances. For some people this is a reason to change their job or profession. Others do not worry about it and continue or seek fulfillment in activities outside of work. Others resist this development and stubbornly or anxiously hold on to what is known. This in turn can manifest itself in burn-out or stress symptoms. If you go through the development from head to heart, you will experience that you are better able to follow your heart. This implies that you will be occupied with meaningful things both privately and professionally. Things that really interest and inspire you. Then passion comes into play. Passion is focused on yourself and relates to what you really want, can and does not cost any effort. Passion has everything to do with your inner motivation. With what makes you happy. If you do things with passion, then there is no time. You are completely absorbed in what you are doing. You live with full attention in the now. You experience flow. The dominant conviction in our society is that it is almost impossible to do something you like professionally. That is nonsense, of course. Many people around us prove otherwise. Life is meant to be as effortless as possible. It is part of this that you do work with passion and inspiration that inspires, motivates and energizes you.