



FEELING jaded about your life and career? Is what you are doing now getting you nowhere, and do you suspect that you are moving in a direction that is the opposite of the way you want to go?

You are not alone. Many people go through a phase where they feel they are at an impasse. What is important is whether you have given up or are giving yourself a chance to rejuvenate your life and career.

Here are some tips to bring you back on track:

Define your dreams

Dreams are important because they fuel your desire to challenge yourself to greater heights.

Some people have lofty dreams, while others are content with small goals. Big or small, it is important to dream.

If you do not dream of the future you want to achieve, you will not know in which direction you should go.

If your dreams are not clear enough, you will not be convinced enough to pursue them. So start dreaming about your goals.

Be in charge

Take charge of your life. Do not let others determine the path you should follow. Once you have determined your goals, start planning how to achieve them.

Depending on others to lead you to your destination may mean you could take longer to get there. Drum up the ambition to do things your way.

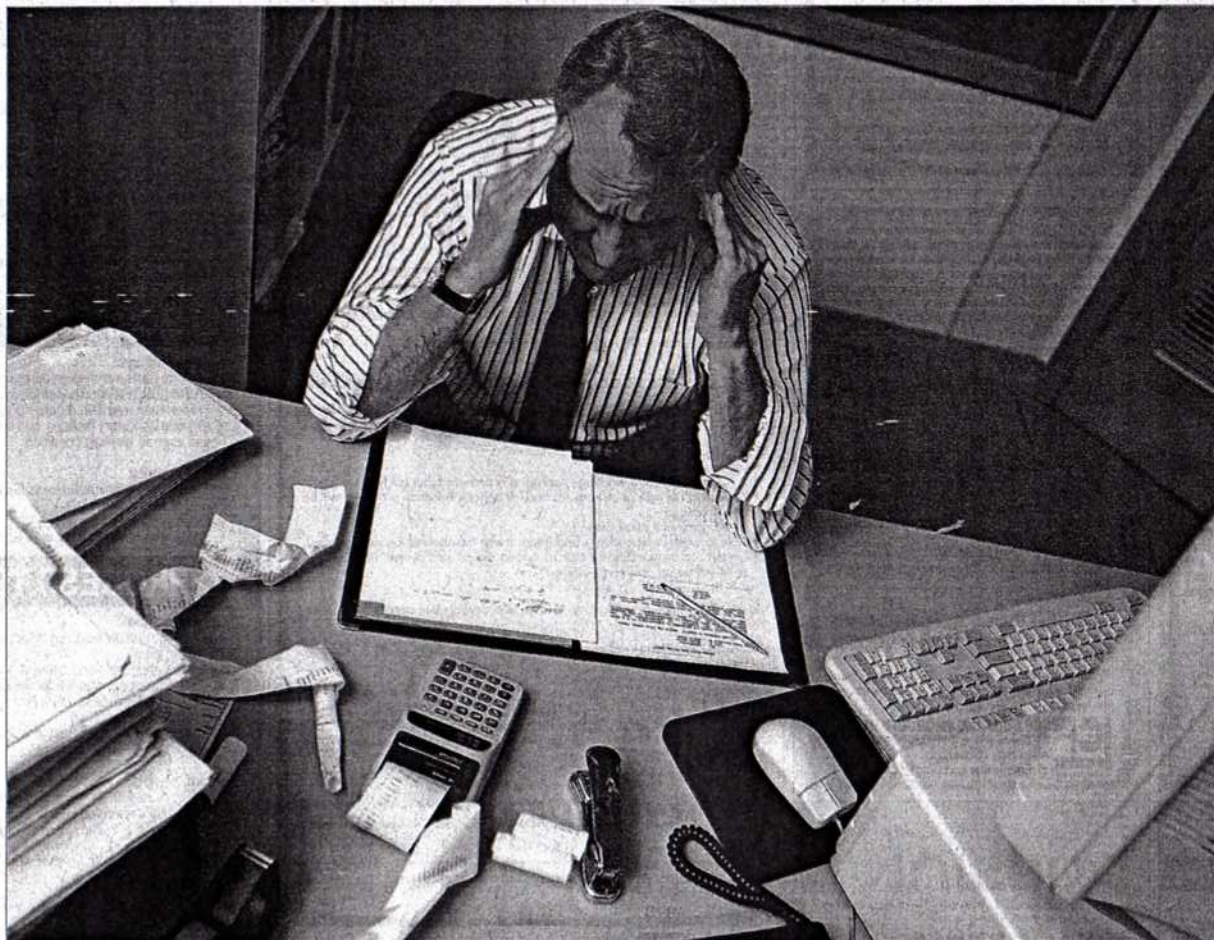
Leave your comfort zone

Doing the same thing over and over again and expecting a miracle will only lead you to a dead end. If you want to rejuvenate your life, start by changing today.

Discard your old habits and adopt new attitudes. Step out of your comfort zone and try something new, like taking a course to upgrade yourself,

Get back on track

If you have reached an impasse in your career, change things around by following these tips



changing your job or using a different approach to solve problems.

The more flexible you are, the more control you have on the outcome of your life.

Change your thinking

When faced with challenges that you are unable to solve, view it from a different perspective.

If you think of the problem instead of a solution, you will be walking in circles. Instead of worrying about how tough the problem is, think about possible solutions.

Sooner or later, you will hit upon the right one. Positive thinking brings positive results while negative thinking bogs you down.

Take a break

All work and no play make Jack a dull boy, so take a break. One of the reasons people get stuck in life or feel jaded is when they work too hard and have little time to relax. Maintaining a work-life balance is beneficial for your health.

Go on a holiday overseas with your family members, loved ones or friends. A different environment inspires and energises you.

Taking time off to relax will give you fresh ideas, energy and, maybe, the answers you are looking for.

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FILE PHOTO
Fretting about your problems will only stress you out. Try some positive thinking by listing possible solutions, and you will soon hit upon the right one.