

**No time to consider your options, you say?
No clue where to start?**

Nano Career Transformation

tiny tips for better work

Answer the following questions.....

Do I have a pulse?

All kidding aside, if you are breathing, you can change your work life.

Can I read?

If so, you have a world of information and feedback at your fingertips.

Can I surf the web?

With or without a wetsuit, this tool talks.

Can I name one skill I enjoy?

Recall the last time you were proud of an accomplishment – this holds your truth.

Can I call one person with experience?

You've got people – reach out to them.

Can I put ideas (at least one) on paper?

Record a thought, log a phrase, make a list – your very own library of creativity is launched.

Can I resist putting myself down? (or laugh at myself when I do)

Self-criticism is a habit that can be unlearned.

Can I dedicate fifteen uninterrupted minutes a day to my future happiness and health?

If you said 'yes' to at least one of the above questions, you have enough resources to improve your work life.

So, the last question is....

What are you waiting for?

No, this is not self-improvement snake oil. Every day I encounter talented, curious, experienced professionals who believe they have too little time, money, support, brains or motivation to start the process of living up to their potential. Still, they do seem to find time to agonize about work, to complain or suffer silently in boredom and frustration, squandering precious dawns and sunsets fretting over incompetent bosses, unreasonable deadlines, and collapsing opportunities for growth.

All of these suggestions are simple, powerful beginnings. That's more than half the solution to changing anything. Just start.

Make peace with work.

Just start.