



## **WHAT DO I WANT TO BE WHEN I GROW UP?**

What do I want to be when I grow up? As a Professional Counselor and Coach, this is one of the many questions I have the honor of helping clients answer. Since the start of the pandemic, over 20% of American workers have changed careers and over 46% reported that they are considering a career change. Now, with 2023 on the horizon, perhaps you are asking yourself the same question.

Over the past three years, some of the lessons we have learned are (1) that life can change in an instant, (2) self-care is not a privilege, and (3) time is limited. So, what can we do to incorporate some of this into our daily lives? Practicing adaptability, prioritizing self-care and making sure we spend our time with people and on things that align to our values and life priorities.

Did you know that the average human spends 90,000 - 100,000 hours at work throughout their lifetime? That is a significant amount of time to spend in a job or career that isn't fulfilling. The Pandemic was the impetus many people needed as we now have over 65% of Americans actively looking for a new full-time job. The majority of these people are age 39 and up. As a society, we finally have the courage to ask this 100-million-dollar question, "what do I want to be when I grow up?"

It can be quite daunting to try to figure this out alone and why having an accountability partner can be so helpful. There are so many inputs to answering this question, some of which are: What do I like to do? What am I good at? What are my values? What does the world need? Where can I do work that I like, am good at, is in demand, aligns to my values and get paid? How can I make sure that I integrate my work and life in a healthy, positive way so I don't get burned out? How do my values drive my life and career choices?

Whether you are asking yourself what you want to be when you grow up or how you can better integrate your work and life or how to make sure your efforts align to your values, I welcome the opportunity to partner and empower you to find the answers.

Happy Holidays and Cheers to 2023!

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