



How to Love your Job

February is the month of love and considering how much time you spend at work, *wouldn't it be great if you loved your job.*

Next to Christmas, Valentines Day is one of the most common days people choose to end a relationship. It is a time of year when you re-evaluate your relationships and if it isn't what you want or who you love then chances are you will take the steps necessary to end it.

Isn't it time to re-evaluate your career and end the bad relationship you may have with it? This will allow you to move onto *loving the job you do or doing the job you love?*

The all important question is *what can I do to love my job?*

Are you staying where you are, rather than dealing with the issues you may have about your job, **because you are afraid.**

You could be afraid of being assertive and asking for what you need.

Afraid of the repercussions.

Afraid of leaving a job you hate to find one you might like because *better the devil you know.*

Afraid of looking at the situation, deciding what you really want, and then taking the steps necessary to achieve it.

Afraid of taking a chance?

This fear could be holding you back by preventing you from achieving your full potential. It could be preventing you from finding what you love to do and filling your days with joy rather than fear.

So what can you do to start to love your job?

Start by having a look at:

- What you like about your job?
- What you don't like?
- Do you like your job but don't like how far you have to commute?
- Are you bored and need to be challenged?
- Do you love the industry you are in but not the specific job you are doing?
- Do you hate the industry, but love your job?
- Is your boss part of the problem?

Looking at your job and all its - plus and minuses - is investigated in a bit more depth in my article [Ideal Job, Does it Exist?](#) Go to the [free stuff page](#) on www.purelypeppermint.com and download your own copy.

Once you spend time thinking about what you love about your job, what can you do to bring more of it into your career?

Make a list of at least 5 action points that would bring a bit of love into your job and start to implement those actions straight away.

If you see great results move onto the next point. If you didn't have the results you were hoping for, then think about what you can learn from the idea, why it didn't quite work. Adapt accordingly and put the new idea into action. Taking any action will be a positive step towards removing the aspects of the job you don't like and replacing it with what you would love to have instead.

To avoid fear holding you back, focus on creating [little action steps](#). This can make taking action easier to do and will allow you to start and enjoy loving your job sooner.

If you would like to discuss how to love your job or need personal focused assistance on the subject, than contact [Purely Peppermint](#).

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