

The Power of **Not**

by Ann N. Gatty, Ph.D.

As we move through our careers, we may find that there are times when we just are not happy with our jobs. For some, that unhappiness is more prevalent than for others. But, what is it that causes us to get up every morning and trot off to a job that we don't like, maybe working with people we don't like, supporting a business mission we don't believe in? It's the power of "not"

It can be all too easy to stay put, afraid in this turbulent economic times, to stop doing what we don't like or believe in it and take the risk of finding our true passion. As you review your years in the workforce, are there jobs you would have liked to pursue, but were afraid things might not work out? Are there careers you could have pursued, given your talents and abilities? Or maybe there were choices you should have made, but were just too comfortable (or perhaps lazy) to make the move. Woulda, shoulda, coulda's stop a lot of people—cold in their tracks. "It's easier *Not* to take that chance," you quietly defend to yourself.

If you are reading this, then you are probably a member of *The Chamber*. There are a lot of really talented, cool people who are a part of this organization. I have found that by getting to know these individuals at networking events, meetings, and social outings, you can find a lot of ways to trample down your excuses and loosen the hold that the woulda, shoulda, coulda's have on your future. Find opportunities to revive that dream and passion you tucked away in the back corner of your mind.

I work with a lot of individuals who are rekindling their passion to work in jobs that are fulfilling and meaningful, using their natural-born talents. As you consider what this year has in store for you, maybe it's time to kick the "not" to the curb and look for ways to pursue things you woulda done if not wasn't in the way, and coulda done and —most importantly—shoulda done for your own satisfaction and wellbeing. Give 2013 a chance to become your new shining self. There are a lot of people out there cheering for you.

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