

## 3 Things the Dalai Lama Can Teach Us about Career Growth

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*So much of what the Dalai Lama teaches can be transferred to any area of life. Here are a few thoughts on how these teachings can relate to your career transition or career growth.*

### 1. Self-Discovery, Self-Reflection or Looking Inward

How often do you clean your desk, your car, your fridge, or your house? Do you delete bad or unused files from your computer? Do you take out the garbage? Do you weed your garden?

The Dalai Lama suggests that **cleaning your mind**, and looking inward is necessary for **true happiness**. This can easily relate to true happiness in your work. Many times I speak with Candidates who are not currently doing the work they love, are most passionate about, or that creates true happiness for them. Instead they are stuck in roles that cause resentment, are draining, unfulfilling, and less than exciting.

**A transition between jobs is the perfect time to self-reflect, however, anytime is also perfect!** With so much chaos in everyday life, and high external expectations the Dalai Lama emphasizes freeing yourself from these expectation and listening to your inner voice. What activities naturally attract you and motivate you? What are you passionate about? What activities give you energy and you could do them all day easily? When you look back at your career, what areas have given you the most satisfaction? Is it still your current occupation, or do you have other areas that have become more exciting to you but were never developed?

**When self reflecting look for situations that give you true happiness.** Try to base this on spiritual or mental happiness, not temporary happiness or immediate joy (such as material things). Taking time to self-reflect is like planting new seeds in your garden, with a bit of attention they will grow!

## 2. Find Happiness and Accept Change

Happiness is a state of mind and not based on external factors of which you have no control. **Learn to accept that the power to be happy is totally up to you. The Dalai Lama says that problems arise when we leave our happiness in the hands of others.**

Work doesn't escape this philosophy. Yes, situations happen – maybe you didn't get the much deserved promotion, or your boss didn't give recognition for that huge project that you finished on time and under budget. I truly believe that 20% of life is comprised of situations that happen and 80% is our reaction.

Change happens all the time doesn't it? Relationships change, technology changes, (thank goodness or we would all still be carrying around these mobile phones), our beliefs change, the weather changes, our kids change, even my taste for red wine changes (Pinot Noir, Cabernet, Shiraz, Merlot). Nothing in the world is permanent and change is the essence of our existence.



When you find your true happiness and realize that your situation is very much in your control, fear will fade away. Often times, change is really just great opportunity in disguise! Take each experience as a learning opportunity. How can you grow and what will you take away from it? Consider this, perhaps this change is a new chapter and much more exciting than the last!

“Remember that not getting what you want is sometimes a wonderful stroke of luck.”  
–Dalai Lama

“Happiness is not something ready-made. It comes from your own actions” - Dalai Lama

### 3. Helping Others and Compassion

I think this about wraps it up....



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