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VR Customers: Career, Happiness & The Power of Mindfulness

For VR Customers, who they are is often directly correlated with optimizing their career choices. People who care about people enjoy hospitality, social work, healthcare and related people-oriented fields. People who value organization and structure often enjoy accounting, engineering and related fields. Good matches offer many years of happiness and personal fulfillment.

Supporting career choices along with ensuring quality of life, however, can be elusive particularly for youth who lack sufficient real-world experience to make an informed choice. Even for older adults, choosing between what they enjoy doing and are good at versus what pays the bills can be challenging. To help them make the most of their options, below are four tips to share with them and invite them to consider.

1. **Understand What's Important to You:** When working full-time for 40 years, a person will spend roughly 83,200 hours on the job. Over this time, what's important to them will change. When young, it may be a balance between social time and work time. When building a family, it may be optimizing savings to prepare for helping kids with college. In later years, it may be ensuring a retirement nest egg. The point is to ask, answer and write down these values as they will help to guide the nature of work, where, for how much and why. This is where a tool, such as a *Mind Map*, can come in handy.
2. **Create a Vision Board:** A vision board is a visual representation of an expressed goal. In this case, the purpose is a career. Place a picture of yourself in the center of a poster-size sheet. Next, add visual elements, such as words, numbers, pictures and so on that represent aspects of the ideal career and seeing yourself enjoying every detail. This is a powerful form of creative visualization that has proven effective for many decades.
3. **Network, Network, Network:** Once you've started a career vision board, act on it! This includes reaching out and connecting with people you know and people you want to know to advance your career goals. Avoid thinking of this as selling where you might get rejected. Instead, when you are genuinely interested in your career, it is highly likely that you will be talking to other people who share that genuine interest. From this perspective, networking is all about sharing versus selling so enjoy!
4. **Be Mindful:** Being mindful is simply about taking as little as fifteen minutes a day to sit quietly. The value is that by simply stopping the external and internal noise, you become more aware of your true self. The true self is your mind – hence the term mindfulness. The more in touch you are with this voice, the more likely you will make choices that optimize your career and quality of life objectives.

There are two things in life that have fixed expiration codes: time and energy. By choosing a career that you enjoy, you'll be making the most of both.

For more information, visit: <http://www.buzvr.org/>

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