

Midlife Career Rescue: What Makes You Happy

Are you in the midst of a midlife crisis, feeling unfulfilled and searching for a career that truly brings you happiness? You're definitely not alone. Many people reach a point in their lives where they start questioning their career choices and yearn for something more meaningful.

Understanding Midlife Career Crisis

Midlife career crisis is a term used to describe the stage of life when individuals, usually between the ages of 40 and 60, experience a significant career dissatisfaction. It can be characterized by feelings of boredom, burnout, lack of fulfillment, and a desire for change.

During this phase, people may find themselves questioning their career choices, their values, and their overall life purpose. They begin to realize that they have spent a significant amount of their lives doing something that doesn't align with their true passions and values.



Midlife Career Rescue (What Makes You Happy): How to change careers, confidently leave a job you hate, and start living a life you love, before it's too late (Mid-Life Career Rescue Book 2)

by Cassandra Gaisford (Kindle Edition)

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Word Wise : Enabled
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Can You Really Find Happiness in Your Career?

The short answer is yes, you absolutely can find happiness in your career. In fact, finding a career that brings you joy, fulfillment, and a sense of purpose can have a profound impact on your overall well-being.

Research has shown that job satisfaction is directly linked to higher levels of happiness and life satisfaction. When you do meaningful work that aligns with your values, you're more likely to experience a sense of purpose and fulfillment in your life. This, in turn, can lead to better mental and physical health.

Discovering What Truly Makes You Happy

The key to finding happiness in your midlife career is self-discovery. This involves taking the time to reflect on your values, interests, strengths, and passions. Understanding what truly makes you happy is the first step towards finding a career that brings you joy.

Here are a few strategies to help you discover what truly makes you happy:

- **Reflect on your past experiences:** Think about times when you felt happiest and most fulfilled. What were you doing? What were the common elements in those experiences?
- **Identify your core values:** Your values serve as a compass guiding your actions and decisions. What are the principles and beliefs that are most

important to you?

- **Explore your interests and hobbies:** What activities do you enjoy doing in your free time? What subjects or topics fascinate you?
- **Assess your skills and strengths:** Take inventory of your skills, talents, and strengths. What are you naturally good at? What activities energize you?
- **Seek support:** Consider working with a career coach or counselor who specializes in midlife career transitions. They can provide guidance and help you navigate this journey of self-discovery.

Turning Your Passions into a Fulfilling Career

Once you have a better understanding of what truly makes you happy, it's time to start exploring how you can turn your passions into a fulfilling career. This may involve making a career change, starting a new business, or finding creative ways to incorporate your passions into your current job.

Here are a few steps to help you get started:

- **Research different career options:** Look for careers that align with your passions and interests. Explore different industries and job roles to find opportunities that excite you.
- **Gain new skills or qualifications:** If necessary, consider acquiring new skills or qualifications that will help you transition into a new career. Take courses, attend workshops, or pursue further education.
- **Build a network:** Reach out to professionals in your desired industry and learn from their experiences. Networking can open doors to new opportunities and provide valuable insights.

- **Start small:** Consider taking on side projects or volunteering in areas related to your passions. This can help you gain experience and test the waters before making a full-fledged career transition.
- **Take a leap of faith:** Sometimes, finding true career happiness requires taking a leap of faith. Be open to taking calculated risks and embracing new opportunities that come your way.

Don't let a midlife career crisis dampen your spirits. Take this opportunity to explore what truly brings you happiness and make a career change that aligns with your passions and values. Remember, happiness and fulfillment are within your reach. Embrace the journey and discover the joy of a career that truly makes you happy.

Keywords: midlife career rescue, happiness in career, midlife crisis, career change, self-discovery, fulfilling career

Alt attribute: Midlife career rescue, finding happiness in your career, turning passions into a fulfilling career



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Change Careers, find your point of brilliance and achieve happiness at work

Are you showing signs of job stress and career dissatisfaction? Did you wake up this morning excited to face the day ahead? Or did the thought of getting up and going to work make you wish you could stay in bed? If Monday mornings are a low point in your week, it may be a sign that it's time to change careers.

What if you could increase your success, health, and happiness with a few simple steps? How would your life be different if you had more energy, motivation, confidence, and self-belief to change careers? Imagine waking up every morning looking forward to your day, working and living with purpose, passion, and profit.

Amazon #1 bestselling author and career expert Cassandra Gaisford (BCA, Dip Psych) provides simple but powerful and easy to implement ways to boost your happiness, find your passion and purpose, and change. Based on survey research, personal achievements and her professional expertise and success as a career and life coach helping people achieve outstanding results - including lawyers, teachers, back-to-work mums, accountants, school leavers and creative entrepreneurs - Gaisford answers the question: how to work with passion and still pay the bills.

Inspiring and practical career-change tips and job-hunting strategies, and motivational quotes about happiness will help you'll get your mojo back, challenge your current beliefs and increase your sense of possibility.

By tapping into a combination of practical career strategies, Law of Attraction principals, and the spiritual powers of manifestation, you'll reawaken dreams, boost your self-awareness, empower your life and challenge what you thought was possible.

You'll do this in an inspired yet structured way, strengthening your creative thinking skills, boosting your self-awareness and helping you identify your non-negotiable ingredients for success and happiness at work and in your life. Little steps, will lead naturally to bigger leaps, giving you the courage and confidence to take a gulp, and then fly free toward authentic happiness and career fulfillment.

Whether you're considering a carer change at 30, 40, or changing careers at 50
Mid-Life Career Rescue: What Makes You Happy will help you:

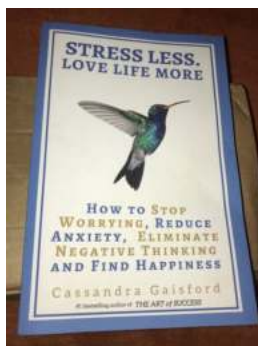
- Explore and clarify your passions, interests, life purpose, values, transferable skills and natural gift and talents
- Build a strong foundation for career happiness and success by identifying your criteria for job and life satisfaction
- Value your gifts, natural knacks and talents and confirm your work-related strengths

- Gain greater clarity about what you want to change and how to direct your energies positively toward your preferred future
- Strengthen your creative thinking skills, and ability to identify possible roles you would enjoy, including self-employment
- Have the courage to quit, or fall back in love with a job, you've come to hate
- Take the stress out of worrying you'll make the wrong move, and super-charge the confidence needed to make an inspired change
- Find your point of brilliance and achieve authentic happiness
- Escape the 9-5 drudge, live and work anywhere and join the new rich

Quit feeling trapped. Reclaim your power! Find a job you love and finally live the life you want! Scroll up and click "Buy Now" before it's too late.

The strategies in this book will also help job-hunters in their 20s, 30s or 60s

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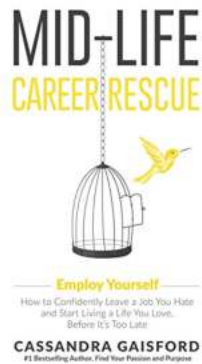
Stress Less, Love Life More!

Are you tired of feeling stressed and overwhelmed? Do you find yourself constantly worrying about work, relationships, or other aspects of your life? It's time to take...



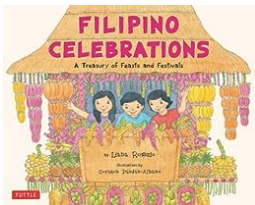
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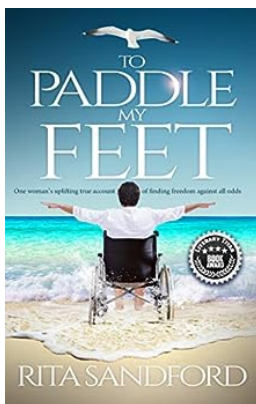
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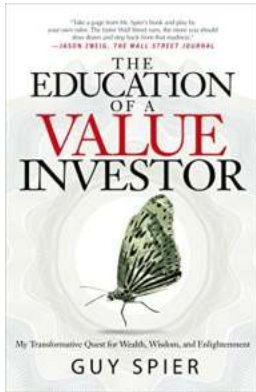
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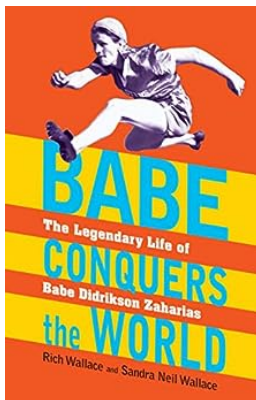
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