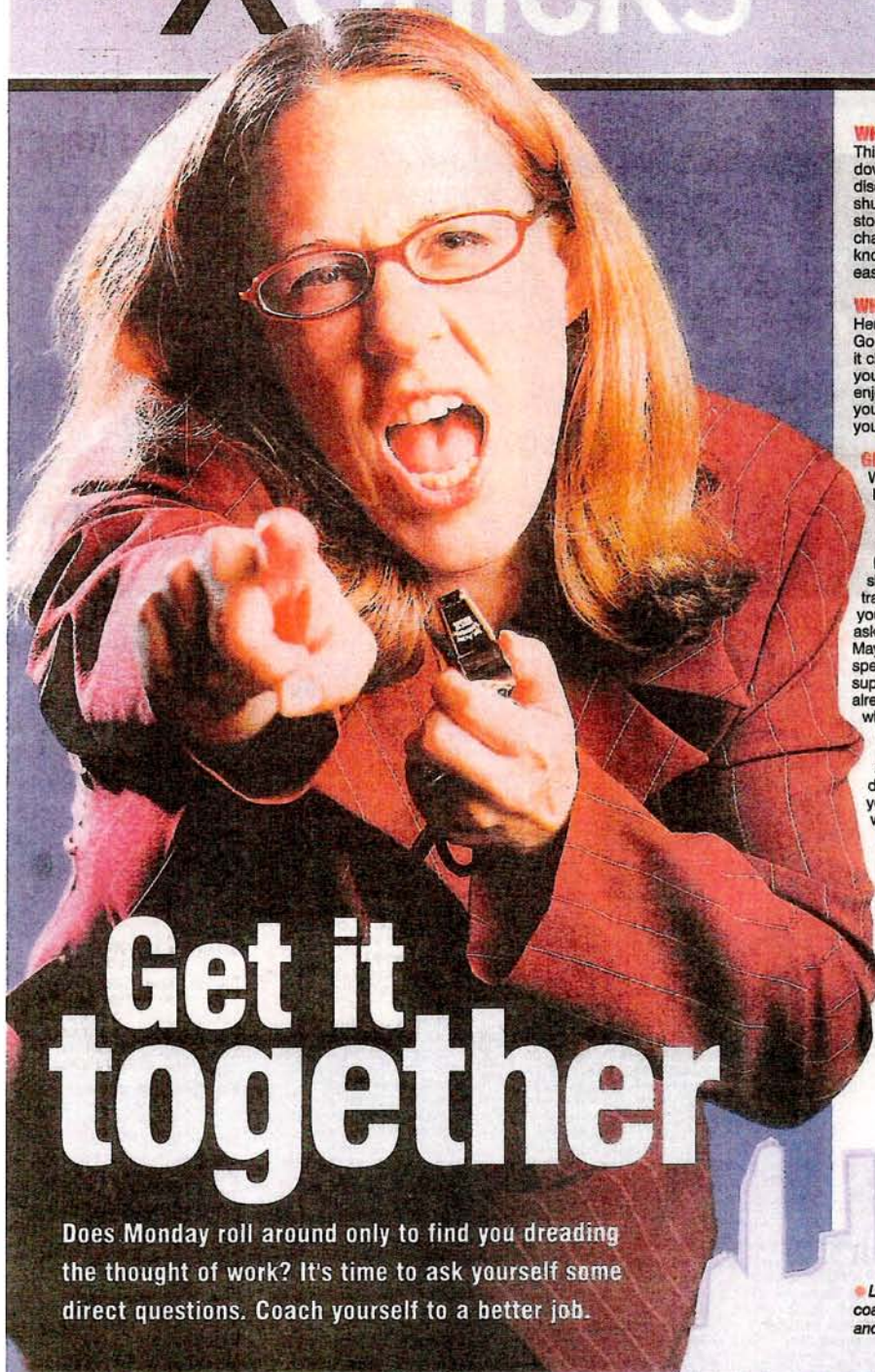


mxChicks



Get it together

Does Monday roll around only to find you dreading the thought of work? It's time to ask yourself some direct questions. Coach yourself to a better job.

WHAT IS IT YOU DON'T WANT?

This one should be easy. Pin down the precise reason for your discomfort. For example, you're shut up in a silent office doing the stock control when you'd rather be chatting to customers. Once you know what you don't want, it is easy to define what you do want.

WHAT DO YOU WANT?

Here's where we get all dreamy. Go for it! Have grand visions. Say it clearly. Be specific. Focus on what you're passionate about, what you enjoy, what you do well. There's your key to what you want out of your job.

GET WHAT YOU WANT

What specific steps will bring you closer to the dream? Set goals. Think outside the square. Maybe you need to learn some new skills, get some training, sit down with your supervisor and ask for new tasks. Maybe you need to speak to some superiors who are already there, and ask what they did differently that made them successful. Write down whatever steps you need to take to get closer to where you want to be.

TAKE ACTION

Let's go. Do something different. Remember, one of the definitions of insanity is doing the same thing and expecting a different result. Even one small, different action can make a lot of difference to how you feel. Buy a diary. Clean your desk. Call your boss and book a meeting. Set priorities. You're on your way!

STAY ON THE PATH TO SUCCESS

Keep a record every day of what you've done to step closer to the prize. Visualise yourself in your ideal position. If something doesn't work, try something else. Don't be afraid to ask for help and make sure that you reward yourself for even the smallest of achievements. Enjoy.

HAPPY WORK TIPS

- **Make sure that you have balance in your life.** If work isn't going well then you have your friends, family, health and hobbies to take your mind off things.
- **Establish a support network to help you get where you want to go.** Tell your boss your goals and ask for their support in helping you achieve them.
- **Choose to dwell on the good things about life.** Spend some time being thankful each day for what you already have: your health, your finances, your talents and your spirit.
- **If you've tried everything then get a new job.** Life is too short to be miserable. Many companies have certain "beliefs" that employees unwittingly take on. If you don't like the policies of your company then move on. Do a job that makes you feel fulfilled, that reflects who you really want to be and what you believe.



BASIC NEEDS

Psychologists have defined six basic human needs. Ask yourself, to what extent does your job meet your need for:

- **Certainty**
- **Variety**
- **Significance**
- **Connection with others**
- **Growth**
- **Contribution.**

You'll discover a lot more about yourself and what sort of job would fulfill you. What do you want?

● *Lindsay Tighe is a life coach who runs Inspirational Coaching. She coaches executives and individuals to help them improve work performance and achieve their dreams. Phone 9589 0709 or visit www.lcoachu.com.au*

● Picture: BEN SWINNERTON ● Words: LOUISA DEASEY ● Model: JANE CONNORY

GIRL ABOUT TOWN

with Nina



Comforts of country life burned into memory

A FRIEND called me last week, distraught from putting out spot fires in Canberra, across the road from his family home. I realised it was time for a trip home.

Once in a while I love going home to the country to reassess my priorities in life. It's all food and sleep, physical labour, peaceful views and space.

After a mind-numbing three-hour V/Line trip I was greeted at the front door by mum's beautiful cooking aromas and our big, lickly old dog, Scamp.

As I tucked into dinner I looked around at our big,

old house. It felt so spacious after the recent heatwave in my top-floor flat.

I'd forgotten all about the silence and stillness. I also realised I'd picked up another city habit - small talk.

"So what's been happening?" I asked.

My parents looked at me like I was mad.

"Henry bought a new goat," dad piped up after obviously racking his brain for something to say.

There wasn't much more to say after that.

We went to bed early - that's another country thing, I suppose.

I'd just drifted off when I heard our elderly neighbour, Henry, bashing on the back door.

"There's a fire in your shed!" he bellowed.

Scamp was out the back door in a flash, barking at the flames.

I followed in my pyjamas, stunned at the colours, the magnitude, the heat licking up towards the sky.

It was surreal, waking from a half-dream to this. How long had it been burning?

Henry had called the local fire brigade and they came within minutes.

Mum was in shock - it had been her art studio, and

all her paintings were aight, along with the roof and walls.

One of the firemen said the paints and thinners probably had something to do with the scope of the blaze, but I don't think she was listening.

I made a lot of cups of tea that night. Our house suddenly became open for inspection, as a steady stream of locals paraded through for a look.

Some were in their pyjamas. One lady even brought a cake.

In the morning we walked through the blackened remains of mum's art. The

ash from what had once been a sketch floated past my nose and I sneezed.

Scamp let out a low growl. Mum looked at us both and smiled.

When we went inside, Dad was bringing things in from the front doorstep - a huge stockpile of eggs, apples, pies and other assorted produce delivered from kind locals.

There was a note attached to a sponge cake: *Dear family, we are verry sorry for yor burnt pictures. Luw from Grades 1 and 2.* And I gave up all this for the big smoke?