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## Learning to enjoy what I do

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Three history teachers in a school were asked what the nature of their work was. One said, “I teach history”; another said, “I am in the business of educating youngsters”; the third said, “I am shaping the destiny of the country.” All three did the same job, yet each viewed his job as having a different impact.

Work can be drudgery or it can be exciting. It is all a matter of perspective.

A few days ago, a friend of mine told me that her work as a doctor was giving her little time to do what she really wanted. We talked about the number of people she had helped heal, all of which had given her immense joy.

I asked, “What makes you say that you have little time for other things?”

In conversation, she realised that she had only been focusing on what she did not enjoy and not the immense joy she actually derived.

The point of issue, I told her, was to focus on what one enjoys. In so doing, what you dislike will disappear. Where you focus, your energy is diverted to that. What you ignore goes away.

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