



# PUSH'S QUICK GUIDE TO: DO WHAT YOU LOVE, LOVE WHAT YOU DO

**“Choose a job you love and you will never work a day in your life”**  
– Confucius, China 500BC

## A JOB TO LOVE? REALLY?

Up until the last 100 or so years, people didn't often choose a job. For the majority of people, a job was quite simply what was local and a necessity for survival: to provide for your family, ensure you had a roof over your heads, and put food on everyone's plates. Enjoyment didn't often come into it: it was usually luck if you happened to find a job or career route that stimulated your mind, was a rewarding environment to work in, with fun teams of people. You only have to wind it back a few generations: if you were from a family of carpenters, you would be expected to become a carpenter. If you were from a family of farmers: you would be expected to be a farmer...for your entire life. The same is true if you came from a family of engineers, doctors, cobblers, or blacksmiths: this was just the way it was...think about where a lot of old surnames come from: A 'smith' was usually a family of blacksmiths. A 'taylor' from a family of tailors. Entire families forged around a single career, passing down knowledge and training. Most jobs were essentially an apprenticeship from birth. You existed to carry on a family trade, or what box society had put you into, with no time to stop and consider if you were interested in doing it or not.

Even Royal families across Europe didn't get a choice: it was their job to serve their nation, whether they liked it or not. Even the upper classes only had a choice within a choice based on family nobility, status and lineage: one would have to mostly choose from a university-educated career in science, engineering, medicine, finance...or flow into a governmental job in politics, or the upper levels of the Army or Navy. Most people's dream was to do a job until they had enough money to eventually stop doing it...which didn't happen for the majority of people as they worked until the end of their life (the average life expectancy in England has doubled in the past 200 years). The old word for business in Latin? **Negotium**. This literally translates as '**not enjoyable activity**'. And the Latin word for work? '**Labor**'. If you look up synonyms of the word 'labour' (the English evolution of the word) you get the words '**struggle, strive, grind away, sweat away**' and even the words, '**drudgery**' and '**toil**'...no wonder we experienced the dark ages!

## WHAT IS THE SECRET TO THE FUTURE OF JOBS?

Nobody knows, but that doesn't mean we should try and predict the best route for us, and explore which sectors jobs are growing in. The job market is like a ball of radioactive goo – constantly evolving and changing in unpredictable ways. This is why developing yourself as a **rounded individual** [a useful, adaptable and desirable person, with a good balance of **hard and soft skills and a proactive attitude**] is so important - so you will be able to adapt to whatever opportunities are thrown your way, and give it your best shot at impressing an employer.

## BEING CURIOUS ABOUT SOMETHING DRIVES BETTER LEARNING AND SKILLS DEVELOPMENT IN IT. HOW DO YOU DEVELOP CURIOSITY?

Try new things and don't be afraid to fail. These are the two main things that stop people from stepping out of their comfort zone and pushing themselves. Find something that you enjoy that makes you challenge yourself. Put time into it. And figure out how to build your career about it. You can't build a career about what you love if you never figure out what it is you love doing.

## HOW DO I GET A JOB I WILL ENJOY IN THE 21ST CENTURY?

You might think it is nothing but luck whether you land a good job and enjoyable career route, but as the Roman Seneca said, "luck is what happens when preparation meets opportunity." If you combine this with a willingness to fail and step outside of your comfort zone, you will succeed.

So, prepare for the world of work, and sense opportunities related to your mix of skills, your knowledge and your personality. Jobs are changing and evolving quickly, and driven by technology, politics, climate...and people's interests, and a myriad of wider factors. There are weird and wonderful job roles, degrees and training opportunities pop up every day. Even the older, more traditional jobs like a doctor, engineer, scientist, fireman, nurse, builder and soldier, are adapting in what they are expected to know, and do, each day. We know (from going through all this ourselves) that choosing what you want to do with your life can feel really scary and overwhelming, but we're actually lucky to live in a time when we can A: choose something we are curious about if we really focus our learning, thoughts and time on it. B: find something we might enjoy, with a confidence to trying new things, and most importantly C: we have a much higher probability for class structure not getting in the way, and of actually hopefully doing it.

Be brave enough to think about what rewards want from life and then move towards it by developing 3 things:

- Knowledge
- Training
- Experience

Oh, and there's actually even a D: we can research it like never before: websites, social media, online networking and mentoring, in-person networking, tutoring, advice and funding on start something up ourselves, video, articles and interviews allowing us to become aware of jobs and opportunities that might be on our doorstep, or 1,000s of miles away.



**The power  
of passion**



**Do what you  
love, love what  
you do**



**Push  
newsletter**



**Developing  
self confidence**



**What I wish  
I'd known**