

The Art of Work

A PROVEN PATH TO DISCOVERING
WHAT YOU
WERE MEANT TO DO



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The Art Of Work Book Highlights

Happiness Is Overrated

The secret of success is that sometimes getting everything you want doesn't make you happy

You follow a determined path, 'Whatever will be, will be'. Life happens despite what we want. You have no control over anything and in the end, you'll look back and find there could've been no other way

Often there are two paths in our way:

1. You can be anything you want

2. You have no choice

But, there is a 3rd path. There are a few things you can't control but how we react to them makes a difference

Only 13% of people are 'engaged' in their jobs. 87% feel disconnected and more frustrated than fulfilled

When people are fulfilling an obligation and not chasing a dream, they aren't their best-self. Thus, more people are shifting from one occupation to the next

The Good Kind Of Fear

Fear is a powerful deterrent but it can also be an effective motivator

Fear of failure can be irrational but fear of not telling your loved ones how much you care is important

Fear isn't bad but some people let it run their lives. They avoid risk, hoping to minimize the chances of failure and thus move in the opposite direction of their calling

The Real Question

**What if you don't know what you're supposed to do?
What is your passion?**

These are the questions we ask when trying to figure out what we should do with our lives. While they are good questions, they aren't the RIGHT ones

When we say we don't know what to do, what we're really asking is "Can you promise me I won't fail?"

The answer is "NO".

Don't waste the best years of your life waiting for an adventure to come to you. Rather, go out and find one.

**Yes you could fail, but what happens if you don't try-
NOTHING**

Calling is not something that comes to you, an epiphany that arrives when we least expect it. Rather, in some ways, it's already come. You already have a sense of it even if you are unsure of it

Our purpose won't be spelled out for us. It's hardly clear initially but when you take those first steps and commit to a course of action, you see what was there all along

CLARITY COMES WITH ACTION

Failures Exist

There will be failures, but with that, there are lessons that can be learnt.

You may commit to the wrong thing-which is totally okay and better than the alternative-Nothing

One strategy is to not commit to anything rather move relentlessly from one thing to the other so that it can't trap you. It feels like freedom, but is a CAGE

Listen To Life

While you tell life, what you want, you must also listen to it

As you avail to that, you too must decide if you wallow in regret- wondering why it has befallen you, or you choose to ACT- make the most of your obstacle & allow it to evolve into an opportunity

Listening is finding where your calling starts, but it's not where it ends

During the process of finding your life's work, you must look for mentors in unexpected places.

Each person serves a purpose he source of inspiration you need

Opportunities to learn & grow are available- If you're willing to look in the right places and humbly accepting what you find

Use Your Environment

Every place, person & job gives you a chance to gain greater clarity in self-education

Regardless of natural talent or the lack of thereof, every person has the ability to improve themselves.

That's because you're capable of more than you realize, and in trying, you learn something new as you push past possibility

Building The Right Habit

1 The practice requires a context: time & energy from the person & the trainer.

2 The activity mustn't be "inherently motivating". It has to be something you wouldn't naturally enjoy doing

3 The activity can't be done for a long time without exhaustion. If you aren't pushing yourself to the utter limits of your ability, you're not trying hard enough

The Stages Of Discovery

- 1. You hear the call. It may be different for everyone, but it comes to all. How we hear and respond matters**
- 2. You RESPOND. Mere words won't suffice. A true response to a call requires efforts- you have to do something**
- 3. You begin to BELIEVE. If we are truly called, the work comes before we are ready. We'll have to act without feeling prepared**

Answering The Call

It would often not make sense and even open you up to rejection/criticism. But, in your heart you will know it is right.

How?

There will be confirmation. You will take a step and things will happen

Opportunities reveal themselves

Answering The Call

This doesn't mean calling is just an emotion, but feelings play a part in the process

Through the pit in your stomach you'd know the path to take- not because it's easy/safe, but because it's right

You prepare by putting yourself in positions where you can test your feelings against the wisdom of others. Find a mentor

Disclaimer

**This is just a summary. For a better understanding,
reading the book is highly recommended**

This summary is as per my interpretation and learning

Please excuse any errors

Thank You For Reading

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