MEANINGFUL CAREERS

During your lifetime, you'll spend over 40,000 hours working. How can you use this to make a difference?

**DEFINITION**

Meaningful careers are not just about making a living but also about making a difference. They come in all shapes and sizes, but they all have one thing in common – they make a meaningful impact at your own workplace. People often believe that meaningful careers can only be found in certain fields, but this is far from the truth. Any role in any company and industry can make a meaningful contribution. People often believe that meaningful careers can only be found in certain fields, but this is far from the truth. Any role in any company and industry can make a meaningful contribution.

**MAIN BENEFITS**

- **Job Satisfaction:** People who feel like their work makes a difference are more likely to be satisfied with their job. This is because they feel empowered and motivated to perform their best.
- **Reduced Stress:** People who feel that their work makes a difference are less likely to experience stress. This is because they feel a sense of purpose and fulfillment.
- **Improved Health:** People who feel that their work makes a difference are more likely to have better health. This is because they are more likely to engage in healthy behaviors.

**FINDING SUCH CAREERS**

There are different ways to find meaningful careers, and they all have one thing in common – they all require you to be proactive and take the lead when opportunity presents itself.

- **Explore Your Interests:** Make a list of the things you're passionate about and find careers that align with those interests.
- **Volunteer:** Volunteering is a great way to find meaningful work. It allows you to try out different roles and see which ones you enjoy.
- **Network:** Reach out to people in fields you're interested in and ask them about their work.
- **Create an Impact Plan:** Create a plan for making a meaningful impact at your workplace. This can include activities like volunteering, mentoring, or creating a project that makes a difference.

**TOP 10 HIGHEST RANKED INDUSTRIES**

Here are the top 10 industries where the majority of employees report finding their work meaningful:

1. Healthcare
2. Education
3. Non-profit
4. Technology
5. Retail
6. Manufacturing
7. Construction
8. Finance
9. Transportation
10. Government

**HIGHEST RANKED CAREERS**

Here are the top 10 careers where the majority of employees report finding their work meaningful:

1. Teacher
2. Social Worker
3. Nurse
4. Police Officer
5. Attorney
6. Firefighter
7. Veterinarian
8. Engineer
9. Architect
10. Scientist

**HOW TO GET THERE**

Starting a meaningful career or job can be difficult, but it's not impossible. Here are a few tips to get you started:

1. **Research:** Do your research and find out what careers are available in fields you're interested in.
2. **Network:** Reach out to people in fields you're interested in and ask them about their work.
3. **Volunteer:** Volunteering is a great way to find meaningful work. It allows you to try out different roles and see which ones you enjoy.
4. **Create an Impact Plan:** Create a plan for making a meaningful impact at your workplace. This can include activities like volunteering, mentoring, or creating a project that makes a difference.

**THE BOTTOM LINE**

Making a meaningful career is more about having the right attitude and approach than about finding a job that makes a direct impact. The key is to be proactive and take the lead when opportunity presents itself. This means being willing to try new things, be open to feedback, and be willing to take risks. With the right attitude and approach, you can make a meaningful difference in your career.