

## Things to be aware of when you choose a career

Sometimes just one or two little things can make a huge difference whether you love your career or not and sometimes you are in the completely wrong career for your native disposition. Through Personality Science you will find out both the little things and the major things that go into choosing a great career for you to have fulfillment and joy. In this report I hope to give you at least a few things to get you started in thinking about how to help you in that area; and then as soon as possible you will either have some coaching or get your personality profile assessed so you can have all the tools you need to make a great career choice—or improve the one you have.

**Here are some basics of Personality Science.** You will want to go to FAQ to find out in detail what Personality Science is so you can more fully understand this report but here are a few basics: You were born with over 60 traits, each trait has a positive and negative expression, traits are in your DNA and brain and each trait has a counterpart that is a physical feature, and traits work together to form a pattern that gives you greatness in an area or areas of your life that will indicate where your career niche is.

**Your traits cry out for expression.** It is important to know that your traits cry out for expression. Edward Vincent Jones, discoverer of Personality Science, used this analogy: Your traits are like a weed underneath a sidewalk. It is waiting for the first little crack so that it can push its way upward toward the sun and be what it is created to be. When you have a job or career that goes against your native traits you set up dis-ease in your body. It then becomes a chore instead of a joy.

Sometimes there are little things that can make a difference whether you enjoy your career or not. Often, a person both likes their job and doesn't like their job and is not sure why. He also might be aware of what he does not like but doesn't know what to do about it.

**Make your occupation work for you.** I was sitting in a waiting room a few years ago and noticed a man with a huge score on Mechanical Appreciation. I also noticed he was very thin-skinned, another Personality Science trait. I was curious about what he did for a living. I knew he would not like auto mechanics because a thin-skinned person is very uncomfortable working with grease and grime.

His Mechanical Appreciation was so pronounced that I could not resist asking him what he did for a living. I was very surprised to hear him say that he was an auto mechanic so I asked him if he liked his job and he told me loved it. Now that *really* got my attention, as I knew that the thin-skinned nature. I then couldn't resist asking him, "What about the grease and grime; does that bother you?" He replied, "Oh, I hate it—so I steam clean the engine and all my tools and I wear surgical gloves when I work. The other mechanics make fun of me and call me the cleanest mechanic in town!"

I really had to chuckle and was greatly impressed with the courage it took to eliminate the downside of his work so he could enjoy what he loved to do. Not everyone would put up with

peer ridicule to be true to himself like that. Most thin-skinned people gravitate toward a cleaner type of mechanics, or in jobs where they do not get their hands very dirty.

**What do I like or dislike?** The first thing to ask yourself is, “What do I like about my work or career choice and what things do I dislike?”

For example: Some people are built to sit, some to stand, and others need to do both throughout the day, because of their body styles. I was doing a home group class one evening and I was doing a mini-assessment where I picked out a few personality traits on each attendee. I commented to one woman that I hoped she had a job where she could sit. She replied, “I am a hairdresser and for years I suffered being on my feet until I wised up. I found a stool with wheels that I now use and I am so happy now in my work. I love my job but was miserable before I found this stool.” I made an appointment with her and when she did my hair she sat on her stool and easily darted here and there and all around me. I was impressed with her ingenuity but felt badly that she could have saved years of misery, and perhaps some varicose veins, had she known about Personality Science.

People with long legs and short torsos need to sit; and they also need to put their feet up for a period of time each day because they tend to have poor circulation that can cause varicose veins. People with long torsos and short legs need to stand and move around on their feet. They tend to have back problems if they sit very long because of the pressure on their spines. A shorter spine fits more comfortably in a chair. The middle scored person with more medium torso and medium length legs, needs to sit some and stand some. Other traits can influence this a bit but if you think about it you will know what your needs are.

I am happy to see some manufacturers using ergonomics to design office and work furniture to better support various body styles. There are also computer desks that are adjustable so that with the touch of your foot you can change the height of your desk, enabling you to either sit or stand.

**What is your body style?** To find out, get a few of your friends together and all sit in a row in identical chairs. As you observe, you will notice who looks taller sitting versus who looks taller standing. Notice that two people of approximately the same height standing might look very different in height when sitting; and on the other hand you may see two people significantly different in height when they stand that are about the same height when sitting. This is one way you can tell who has longer or shorter torsos, versus length of legs. By being aware of your body style you can choose to design your career so you can be physically comfortable while you work.

This is why, for a woman, finding a bathing suit that fits is a challenge because of having either a very long torso or a very short torso.

**More about your physical environment:** Besides body style, you might be thin-skinned or thick-skinned. The thin-skinned person is very sensitive to his environment. Besides disliking dirty hands, he might be uncomfortable with the air-conditioning blowing on him, need a controlled temperature, need a more refined atmosphere including softer colors, do better

with softer or no music, and might need to eat more frequently and eat smaller meals. He also might suffer from being in a chaotic environment day after day.

The thick-skinned person needs space around him. He might need to work out doors, or at least by a window. He can usually handle a rougher environment and louder noises. He would certainly not do well in a cubicle with no outside window. He can handle dirt, grease, and grime easier.

As with all traits, this trait manifests somewhere on a scale from one to ten. You are somewhere on that scale. Ask yourself, “Does this apply to me a little, somewhat, or a lot?” Better yet, have your profile assessed, ([contact Sharon for more information](#)) then you will know immediately your environmental requirement in more areas than being thin-skinned.

**Here are some other factors.** Do you need to be your own boss, or be in charge of your own area in a business? Do you prefer to work for someone else and not have to the responsibility of being in charge?

If there is something you disliked about a job; if so, what was it and why? Could it be fixed by changing something in your current environment or would it be best to change the environment altogether? What are your deal-breakers as to what you will or will not accept, or what you will or will not do in your chosen career?

Engineers can work both out in the field and in an office. Which sounds better to you?

Make a list of all the things you liked about your jobs since your first job. List all the things you disliked. Do you see a pattern that might be helpful in your career choice?

**Successful people do things they don't like to do.** While the difference between successful people and those who are not successful is that successful people have the discipline to do some things they do not enjoy doing—it is important to mostly like what you are doing. As you become more successful, perhaps you can hire the things done that you dislike doing. Until that time, how can you minimize the things you dislike and maximize the things you enjoy doing?

**You are not a category.** The personality tests out there can help you somewhat to see your strengths and weaknesses but no one truly fits into a category because you are your own unique combination of over 60 personality traits. Traits both augment each other and diminish each other and so you may have traits that give you strong inclinations in two different directions. Keep that in mind as you plan your career.

For instance, you may be highly analytical, creative and have thorough thinking. From that you might determine that you need a scientific, analytical, or writing position of some kind. A Personality Science assessment, however, might reveal that you also have a body style that gives you a need to move around on your feet. Then, possibly, you might also have two other traits, Physical Restlessness and Physicalness. Those additional traits would make it very difficult to work in a strictly mental capacity. In that case, you might set up a career where you

go from job to job throughout the day, do some intense analyzing for a short period of time, and then be on your way to the next location.

**There is another reason category personality tests do not work as well.** These tests do not show mood swings. Since people are binarious, which means that you are not perfectly symmetrical and so may have two different measurements on each of some of your traits. This means that you have needs and expression that might be opposite, according to which mood is manifesting. One way to fill the needs of a mood swing is to have an occupation in one area and a hobby in another so that both sides find their expression.

For example I know a woman who is both higher and lower on the trait of Ego Balance. Part of her wants to be in the limelight and part of her wants to be the support person. She works in counseling and supporting others and then has does some entertaining on the side, which fulfills both side to the personality. This can be confusing if you do not understand yourself because you choose a career or occupation and think you will love it, then switch moods and decide you do not like it.

This is only one example of one mood swing. Some people have very few mood swings and some have many pronounced ones. With coaching and personality assessment you can learn what mood swings you have and learn to control those mood swings to fulfill both sides of your creation.

**Make your list.** Make a list of all your gifts and talents and also your challenges. Choose which of them you consider vital to your career choice. Choose which ones that might work better in a hobby. Dare to dream. Go for the ideal and do all you can to figure out a way to make your dreams come true. Determine your immediate needs, too, and make a plan to take care of those needs while going for your dreams.

**Closing statement:** One of the keys to happiness is to learn how to ask the right questions. If you can think of the right questions the answers are already there for you somewhere. Knowledge in any field helps you to ask the right questions. I do hope that I have raised enough questions in your mind to ask yourself the right questions that will bring you to at least some answers that will help you choose or improve your job or career.

If at all possible, get a Personality Science assessment done so that you can get a great deal of answers and also the knowledge to ask more questions to help you create the life you desire. Contact Sharon now for more information. Full assessments are available and also photo assessments. Another way of learning what would enable you to choose an exciting career is to take the basic Personality Science course and you would also use that knowledge in all your personal and business relationships. You will learn all the gifts, talents, and drawbacks of each trait and its corresponding physical feature. Ordering information. Sharon is here to help in any way she can to help you create the life you want.