

On-the-job training: How to practice resilience



We've all heard this saying: "Find a job you love to do, and you'll never have to work a day in your life." Few and lucky are those who truly know what it means!

The truth is that work is not always fun. (That's why it's called work, as another saying goes.) To quote Don Draper from *Mad Men*, "That's what the money is for!"

We're grateful to Dr. Michael Ungar for introducing us to these seven principles for developing career resilience. To be honest, we think they apply to everything in life →

1

**BALANCE DREAMING
AND REALITY**

2

**DO WHAT YOU
LOVE SOMEWHERE
IN YOUR LIFE**

3

**PLAN WITH POSITIVE
UNCERTAINTY**

4

**FIND A STARTING
POINT RATHER THAN
A DESTINATION**

5

**EXPECT THE
UNEXPECTED**

6

**ALWAYS HAVE
A PLAN B**

7

**EXPECT TO BE
UNCOMFORTABLE**

**"A good half of
the art of living
is resilience."**

ALAIN DE BOTTON

PRO TIP FROM A FOUR-STAR ADMIRAL: MAKE YOUR BED EVERY MORNING

William H. McRaven was a Navy SEAL for almost four decades, so he knows a thing or two about resilience.

He offered this practical advice to the Class of 2014 at the University of Texas:

"If you make your bed every morning you will have accomplished the first task of the day. It will give you a small sense of pride, and it will encourage you to do another task and another and another.

By the end of the day, that one task completed will have turned into many tasks completed. Making your bed will also reinforce the fact that little things in life matter.

And, if by chance you have a miserable day, you will come home to a bed that is made – that you made – and a made bed gives you encouragement that tomorrow will be better.

If you want to change the world, start off by making your bed."