

# May 11 Ijournal Sisyphus Should Let the Rock Roll

1. Do you know what your ideal work is? If not, consider these questions:
  - Do you find yourself living in the future with little focus on the present? Or, are you mired in a day-to-day that isn't linked to a thoughtful view of what you want your life to be?
  - Are you taking time for contemplation? Are you clear about your purpose(s) versus your goals?
  - What is the current primary driver of your work and life choices: Aptitude, Inclination, Power or Availability? What changes in your life would affect the influence of that driver? Should other drivers carry more weight?
  - In what circumstances do you feel passion? How often do those circumstances present themselves? How can you create more of that passion in your life?
2. If you know your true passion and purpose but for whatever reason are hesitant to make the change, ask yourself:
  - What is it costing you to stay stuck?
  - What is it producing for those around you?
  - How can you get more of what you desire without producing unintended side effects?