

My career is separate from my identity.

Like other working professionals, I spend a great deal of my time in my workplace.

My career is certainly an important part of my life. However, my career and my life are two completely separate entities.

Today, I can confidently say that I am the same person that I was several years before I accepted my position with my current employment.

I believe that ***many professionals become too involved in their corporate images while off of the clock.***

I am only paid for a fixed amount of time each week. My employer gets exactly what he pays for. When I am on the clock, I give my employer 100%. Once that time is up, I engage in the activities that make me happy.

Status is important in this society. However, both my accomplishments and my personality determine my status. ***My career choice is simply an interesting part of my life.***

I am a spouse, a parent, someone's child, a friend, and the life of the party. I am an individual that is defined by far more than a paycheck or a sign-in ID.

Today, I focus on non-work related aspects of my life. My family makes me the person I am. My hobbies and interests are components of my personality. However, my chosen career field is simply the way I maintain my quality of life.

Self-Reflection Questions:

1. Do I flaunt my career in order to make others respect me?
2. Have I allowed my career to consume too much of my personal time?
3. When I introduce myself, is my work the first thing I talk about?