



From Work to Mastery

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What's your relationship with work? Is it "I owe, I owe, it's off to work I go" or "Work is what I do for a living" or "My work is my passion" or "I'd love to but I have to work today" or "I'd love to go back to work" or "If only I didn't have to work" or "I love working"?

Whether you love your work or not, work often becomes something that wears you down rather than lifts you up. Often it's because you allow work to become entangled with your needs or fears such as: making money, recognition, belonging, success or meeting expectations. If you're not careful you can become a victim of or slave to your work even if you love what you do.

By shifting from work to mastery, your work becomes separate from you thus releasing your personal energy and the energy around your work. By considering your work your mastery it becomes less important what others think and more important what you want your work to become. The drama around working subsides and the potential of your work increases. You suddenly have space to create, like a new canvas or block of clay. Take a moment and consider your work as a form of mastery. Don't you feel drawn to be creative? Inspired by where you can take your work next? Motivated to explore new directions? Mastery also keeps your work in the present moment. It's not about what you've done in the past or what the future holds, it's about this moment and what you can create.

Make the shift from work to mastery and notice what opens up for you. If you're having trouble grasping this concept or don't feel inspired to pursue mastery in your work, it may be time for you to make a change. Feel free to contact me to and discover your area of mastery or have a breakthrough in your current work.

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