



## Is Your Job Your Identity?



How do you define yourself?

We all play a lot of roles in our lives - spouse / significant other, parent, son or daughter, sibling, friend, aunt / uncle, volunteer, etc. ... and yes - the role we play at work. Which of these roles do you value the most? Which of these roles bring you the greatest sense of fulfillment in your life?

So often, I meet people who define themselves first as who they are at work. I remember in purchasing my last car, a Lexus RX300 SUV, that someone said to me, 'That is not the kind of car a 'Partner' in public accounting should drive. Are you going to take clients to lunch in your truck? You should get a sedan.' I gave it some thought and I said to myself, 'Am I first a fun loving person who likes to throw the bike on the back and the dog in the car and head out with family and friends or am I first a KPMG Partner?' That should have been my first clue that a career change was OK! I bought the FUN car!

Defining your value based on one role, particularly a work-related role, leaves you incredibly vulnerable these days. Jobs change. Companies merge, downsize, divest. Economic cycles may cause a change in strategy. Promotions sometimes pass us by. New bosses come and sometimes we go. If we define ourselves by our work, our self-worth can take a devastating blow. Just the fear of losing our identity can create self-doubt - self doubt which robs us of our confidence necessary to thrive. But you are absolutely no less of a person!

Take stock of all the roles that you play and give some thought to how you define your true value.

**You'll see what an all around All-Star you are!**

