



Occupational Optimacy means – finding a job that makes you happy. Not just happy about the money you are making, but happy and content on the inside, the kind of optimism that makes you clap your hands together and say, “Time to go to work!” each morning.

But what if what you do isn’t so very optimal, and actually drags you down each day, as you are surrounded by what you perceive as petty, negative co-workers, in a job that seems to be taking you nowhere? Well, at KeyWellness we teach that it is not about where you are, but how you view it. You could be in a high paying executive job and miserable, or working at Jack in the Box and full of the joys of spring each time you greet a customer. It all depends on your perspective, and inner happiness.

And, you may find, that the quicker you find inner tranquility in whatever you job might be in, the sooner you will be able to move on up – to a new job, that will make you happier. This is the essential philosophy behind all enlightened thinking, that until you are happy and accepting of where you are, you may not move up in life to a higher consciousness.

Remember the movie “Groundhog Day?” Bill Murray was faced with an eternity in One Day, and miserable, until he embraced his fate, sucked the marrow out of each moment and finally, after achieving his highest possible state of existence, was allowed to move on and upwards. Take each day like that, as the real thing – not just a dress rehearsal – for living, and you may find that you will be happier, and more ready to move on to your own personal nirvana.