

Self Defeating Career Myths—Do you believe any of these?

If you believe any of these career myths, circle them. Then think about how you might change your thinking to overcome these myths.

1. My career must meet all of my needs as a person: social, emotional, creative, financial, security, physical, etc... instead of realizing my career will help to satisfy some of my needs and the rest of my needs can be satisfied with other aspects of my life—family, hobbies, community activities, friends, etc.
2. There is only one major or job out there that is right for me, and I will never be truly happy until I find it...instead of realizing there are a number of jobs with which I could be happy.
3. I have no control over my career opportunities; it is all up to fate and destiny, and my background... instead of believing I can make decisions which determine my career path.
4. If I work hard enough I will learn everything about my self and careers so I can find the one perfect match...instead of realizing I can never know everything about myself and the world of work, so I must make the best decision I can with the knowledge I have right now.
5. I have to please the other people in my life when I make career decisions...instead of knowing it is important to consider myself first when making career decisions.
6. Some careers are more important than others (CEO vs. night watchperson), and a person's worth is determined primarily by his or her job status...instead of knowing all careers are worthwhile and contribute to society and a person's worth cannot be judged solely by what he or she does.
7. Once I decide on a career I am stuck with it for the rest of my life...instead of having the notion that as my interests, needs, and abilities change, as well as the job market, I could be more satisfied by changing careers.
8. If I really had my head together I would know exactly what I want to be when I grow up...instead of the notion that people can make career decisions throughout their lives.

Adapted from 12 Self-Defeating Myths about Career Planning by Deborah Seaburg and Bob Seybold

