

IT'S PERFECTLY OKAY NOT TO KNOW!

As parents we want and will do everything possible to help our children be happy and to take the safest, most successful paths to becoming the people we know they are capable of becoming. How can we be sure that the ways we choose to support them are in their best interest? And how can we find ways to be supportive without actually getting in their way?

Diedra Thomas Ajayi



Watching today's youths and young adults go through the motions of finding themselves brings back bittersweet memories of my wonder years.

I remember as a youth and young adult getting excited about discovering the unknown, and then once I learned as much as I wanted to know, I would lose interest and move on to my next adventure.

My mother would often state in passing, "Jack-of-all-trades, leader of none, find that one thing you love doing the most, and become great at it!"

Was that not what I was doing, searching for my one great thing?

Did I have to make-up my mind at such an early age—a time in my life when I had no idea of who I was, or why I even existed? Why can't I fully explore my options? And besides, "What's wrong with mastering the art and science of exploration for the sake of exploring things? What if that is my one great thing?"

I didn't know how to respond to her.

How do I validate my interest in something I don't understand why I enjoy doing myself?

Who knows why I enjoy exploring the unknown.



I did notice she never told my brothers to slow down.

Would her response have been different if it were one of them? Do we expect men to be the adventurous ones? That it's only in their nature to explore the unknown?



Why can't I be a Bear? "I can see me now, Woman vs. The Wild!" Or why can't I be like Mike or shout with confidence, I'm Tiger Woods!
I want to be happy at work too!
Would we tell Bear that he can only do one show over and over again—his least liked one? Or tell Michael he can only shoot one style

of hoop—the free throw?

Would we tell Tiger that he can only play in one tournament at one hole—the one he's most likely to miss?

Of course not, we wouldn't consider asking any of them to limit or give up what they truly enjoy doing.

Although I know that was not her intention, I felt as if my mother was asking me to surrender or compromise my dreams.

Why can't my love of exploring be considered a fresh twist to the conventional way we explore things?

Like taking my love of cooking out of my kitchen and into the kitchens of other Americans like Guy Fieri? Or what if I take it a step farther and explore the kitchens and



places of cooking global like Andrew Zimmerman?

Although my mother never actually told me to stop exploring, what if she told me that my desire to continuously explore things was perfectly okay, that it's okay to not know what I want to do in life right now, that it will come in its own way, at its own time.

Like she did with my endless tendency of questioning her, "Whew," she'd respond, "You sure ask a lot of questions, don't stop sweetie, but my you sure ask a lot of questions."

It got to the point where she began answering my questions with questions and challenges, "Hum, yes, well, and why not or, that's interesting, then, "Go look it up and let me know what you find." She was clever.



I remember the day I called to tell her I finally knew what I wanted to do with my life. I was in my early twenties, and actually found my ideal career by chance through staffing employment.

I was using the industry to search for my ideal employer, one that would allow me to grow and fully utilize my skills and knowledge the way I wanted, you know—to explore, explore, explore.

It turned out that the art and science of staffing employment appealed to me.

"Well isn't that wonderful, what is it," she responded. "Staffing employment, I stated."

The phone went silent. “I really enjoy working on assignments”, I said with excitement. Silence still. Then, “Well, as long as you know that’s what you want to do then it’s okay, I’m happy for you sweetie,” she finally responded. I know what she was thinking, “Isn’t that what you actually use to find your ideal job, not make it your job?” But she didn’t and I’m glad, and also the better for it.



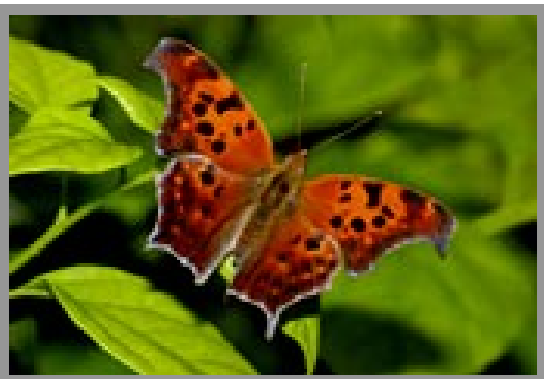
It took me a while, but I finally found myself: I am an explorer, a rebel with a cause (in the most positive sense). I want to wake up not completely aware of how my day will unfold; to begin with a new canvas, vivid color paint and fresh brushes, then watch as the events unfolds.

How will you respond to your child’s self-portrait of who he is?

How are you fairing with the method she is using to make her mark in the world? Are you frantically trying to help him quickly find *anything, just something* to do—to get a degree in anything just as long as he has one?

If so, how about giving her a little space to explore her options and do the groundwork now, while it’s still okay to be unsure.

One way to he can safely explore his options is through staffing employment.



Fortunately, our children exist in a world where it’s acceptable to change jobs a few times, within reason of course, and the younger they are, the better.

Working as a staffing employee gives your child ample space to wander without damaging her or work record.

Just by becoming a staffing employee, she gains instant access to the whole of her city’s marketplace, and she gets to see first-hand how the industries work.

She will also get to see all types of people in action and learn about the latest technology.



Staffing employment allows him to safely compare and contrast the things he likes doing against the things he dislikes doing.



An added bonus is that he gets paid while doing it.

So let him go and watch him soar, just as you did at the playground and on his first day of school.

Expect him to occasionally trip and stumble; he will be fine.

Then somewhere during the interim, he will find what he truly loves to do.

And when he calls you full of excitement with the great news, tell him how wonderful it is and how you knew he would do it, just as my mother did.

I have provided some resources on the following pages from my book, *Instant Access* that may prove beneficial in your child's pursuit to find herself—where she is right now in life, to be okay with where she is although it may not be where she would like to be.



Then decide where she wants to go in her career, even if she is unsure about where *there* actually is.

It will challenge her to stand back and take a moment, to take a thoughtful, panorama view of her life, a scene-by-scene view.

Then: assess what she sees, ask herself some thought provoking, results-oriented questions, and find her way, whether it's is to create a plan to move forward with better precision, or to get unstuck and create a blueprint to ensure she's move forward in the right direction and at the right pace.

And you stay close but at a good enough distance where he is in control but knows that you are close enough to support him as he asks you to give it.



No matter how much you feel you may know better, if he asks for a smidgen of help, give him a smidgen, then politely resume your sidelined position.



Trust that it will get better as time passes.

Challenge Yourself with The Following Results-Oriented Questions!

“Know Yourself! If you don’t know your weakness or the things that challenge you to excel, how can you know all that you are capable of achieving?”

-Socrates



Your first step to learning why you like doing the things you do is to ask yourself the following thought provoking questions:

Spatial Questions (Set no boundaries as you dream BIG):

1. If I could spend every day doing what I love the most, what would it be?
2. If nothing could hold me back, what would I do with my life right now?
3. What will my life look like when I achieve my goals?

Action-Oriented Questions:

1. What is the next step I must take right now, no matter how scary it may seem, to move closer to my ideal career/life?
2. How will I ensure the achievement of my goals? (e.g., cover my bases, set realistic deadlines, talk to people qualified to provide practical advice).
3. How will I prepare myself to be ready to make changes as situations change?

Probing Questions:

1. What concerns me most? (e.g., stepping outside my comfort zone).
2. What is the worst thing that can happen? How does this make me feel?
3. What is the absolute best thing that can happen? How does this make me feel?

Here’s some food for thought to help you determine what challenges you will likely take on when moving from where you are, to where you want to go:

1. To get started, create the following computer and/or hard files:
 - **Calendar** (break it down to fit your needs: weekly, monthly, annually, 1,3, 5, 10 years).
 - **Goals and Objectives** (what you want to do the steps you will take to achieve them).
 - **Mission, Vision and Guiding Principle** (Yes, like companies but all about you).
 - **Notes** (Your personal and professional journals).
 - **Plan-B** (Always have a practical back-up plan for when things change).
 - **SWOT** (assess your personal/professional strengths, weaknesses, opportunities and threats).
2. How much did you learn by asking the previous questions?
3. Did you search deep within yourself and unearth your true interests and concerns?
4. Are you now determined not to find yourself in the same mental, physical and financial condition you were this time last year?
5. How would you feel if it was a year later, and you did nothing and everything is still the same?

Let's stay in this moment for a minute and do the following:

- Take a pad and pen/pencil and quickly jot down everything you could have done but chose not to do over the past year.
- Don't think; just write down everything that comes to mind, no matter what?
- State why you chose not act; no excuses just state why you chose not to act.
- Then go down the list again and cross out everything it is now too late to do.
- Prioritize your remaining options with your most important option as number one until you list the last option as your least possible option to act on right now.
- Give each option a new date to begin and end and what you expect to gain.

Then ask yourself:

- I. What's really holding me back?
 - i. What am I so afraid of?
___ success ___ failure ___ my life will never be the same
___ the unknown ___ I don't know, I just know I'm afraid of something.
State additional concerns:

- II. Is there anyone I can safely confide in who will help shake me out of this state of redundancy?
- III. If you are waiting for the right or perfect time, a cordial memo to you, there will NEVER, EVER, EVER, NEVER be a right or perfect time—only an ACT NOW or never.
- IV. Stop dusting off the wrong things in an attempt to look busy, and dust off the most dusty place in your universe, you. Time to brutal with yourself and light mental a fire underneath you, then like a cat on a hot tin roof JUMP to your ideal career and life!
- V. Every time you get the urge to stop and dust, think or shout: CANCEL, CANCEL; CANCEL, you're not allowed in my universe, only good thoughts that fully support me and what I stand for are allowed here!

Setting SMART Goals: Your goals are important to you. Use the chart below as your basis to create a proper foundation with which to build them:

Aren't You The SMART One!	
Specific	Each goal should focus on one outcome: Its ultimate reward.
Measurable	Does it motivate you? Is it meaningful? Is it convenient?
Achievable	Is it realistic and flexible: Ambitious and action oriented.
Relevant	Each goal should connect to your overall outcome.
Timeframes	Set tangible and definite beginning and ending times.

Before you act too quickly and your ideal dreams turn into your worst nightmare, do absolutely nothing for the next twenty-four hours.

I know but this time you are purposefully doing nothing for all the *right* reasons. Just let go and live in the moment. Do not think about anything that has to do with where you are or where you want to go. Focus on the present.

For the next twenty-four hours do not read your mail, check your personal email, watch television, especially the news, or any other activity that will cause your attention to turn to your personal and professional goal action plans.

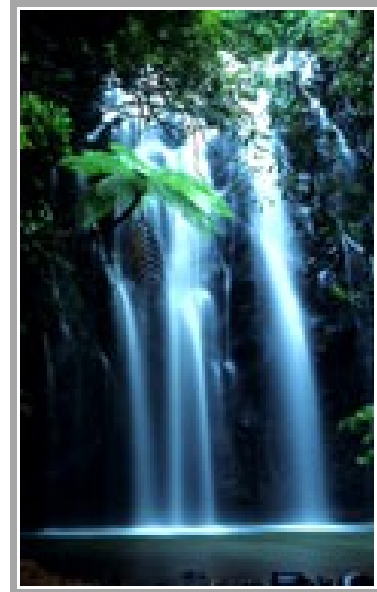
Once you are twenty-four hours mentally and physically rested, take a deep breath then carefully think of the best person to take your notes to, to help you determine if your current plan of action is the most feasible.

It is important that you talk your plans out with someone decisive and successful, a good action-oriented mentor who will not feel threatened by your quest to become the person you were born to be. Ask him or her if it would be okay if you consulted with him or her once a month for thirty-minutes to an hour.

Your mentor's time is valuable, as is yours. When you meet with your mentor, make sure you have something to work with—an update of the results of your previously discussed plans:

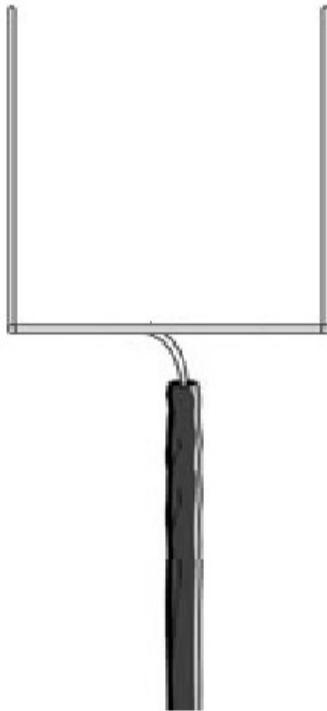
1. The actions you have taken
2. Their outcomes
3. Changes you have made, or you expect to make at a definite time.
4. How you feel about everything thus far
5. Your goals and objectives to pursue over the next four weeks

Add your own: _____



Hopefully you are feeling good about moving forward. Trust yourself, and stick with it, no matter now.

Situations will come and go. Give yourself time off, only when absolutely necessary, as soon as the predetermined time has passed should you get back to your goal planning and achieving.



Make goal planning and achieving a natural part of your lifestyle and one day you find yourself doing them without too much thought and reservation.

If you do choose to create, plan and pursue your career goals by means of the staffing industry, checkout my book *Instant Access* at: www.idealassignments.com on the Reference page.

It will keep you from reinventing the wheel and allow you to focus your attention on goal achievement.

I hope you are successful in finding what you truly enjoy doing, what you would do for free, and make it your career!"

Here's to you exceeding your goals and finding yourself living a great and purpose life in the near future.

Here's To You And Your New Career!