

Why Work?

by Kathy Meunier

There are a multitude of reasons to work.

The most obvious is that you make money. Money can be a motivator. It gives you the opportunity to bring different options into your life. You can set up goals about what you'd like to purchase or do with your money.

Money also validates you. It can lend itself to raising your self esteem and feeling valued. You also take on another role that most people are a part of. You become a contributing taxpayer.

One other aspect of working is that it gives you structure. There are twenty-four hours in the day and work can be an important part of your day instead of having an endless amount of time. For me, what happens is that I get balance. It seems the more I do...the more I do. So I balance work with physical activity, intellectual and spiritual. Work is a cog in the wheel – a very important one.

Work is also a place to meet people. For me it is like a little family. I bring in baked goods and it gives my baking a sense of purpose. Work offers the place to get together.

Work helps you to know you are on a journey. I find that I have better all around health and satisfaction in life working.

Another good thing about work and social security is that they will stand by you until you are work ready enough to give it up and you would be making more money. I plan on doing this in the near future.

I also feel good that I am a contributor to my family. For me the money I earn goes for travel, dining out and fun.

And you know what? Even if I didn't get paid I would work.

So it's not "Why work?" ...it should be "Why not work?"