



**PURPOSE:
OCCUPATIONAL
WELLNESS**



Professional Encouragement Quotes for Military Spouses

by Chris Wayne
Yahoo! Small Business CTO

Investing in my own purposeful pursuits is how I remain well. When my passions and profession align, it makes it easy to find purpose. Purpose gives you peace of mind. This is critical to who I am and how I stay well.

This is your growing season. Focus on building, running, or creating your own business. Solving problems for others around you is leadership. It creates value. Supporting the success of others around you is leadership.

The linear track option is: getting the job, waiting for the next level, waiting some more, and then eventually landing at the highest rung. It could take decades. The zig-zag option is what rockets people to the top. Your career growth is exponential. As you continue to learn, your value and experience will also increase to the organizations as well.