

# Brainstorm Your Way Out of Job Misery

The best way to get a good idea is to get a lot of ideas. –  
Linus Pauling

A few days ago, I was talking with an acquaintance about creativity -- how some people just seem to bubble over with a constant flow of ideas, more than they could possibly use in a lifetime, while others can't seem to dream up anything new. It's almost as if they've turned off "the possibility switch" in their brains.

Fiercely creative souls are always open to innovation. They approach every situation with the genuine belief that there's always a solution; you just have to find it. They're not afraid to brainstorm. They're not afraid to have the "wrong answer." And that's what makes the difference between those who plod along and those who soar.

So what if you come up with 47 possible solutions to a problem and only 2 or 3 will actually work? The more ideas you have, the more opportunity to find workable solutions. Brainstorming = possible solutions = opportunities you never dreamed were out there.

Sadly there are thousands, perhaps hundreds of thousands of people, stuck in what I call "job misery." They go to work at a J-O-B that stresses them out, makes them feel like workplace hostages, and might even bore them to pieces all at the same time. "Job misery" affects more than just your work life. Many studies have shown that being miserable at work can affect your relationships, your mood, and your mental and physical health.

As a career change coach, I work with people who are sick and tired of their own personal brand of "job misery" and want to start working at what they love. Trouble is, they don't even know where to start. In order to find a solution to any problem, --including finding work you love -- you have to get a lot of ideas. Some of those ideas will be winners.

1) Start by brainstorming what you'd love to do without putting any filters in place. No "shoulds," "at my age," or "this will never work" statements allowed. Don't eliminate any ideas because at this point, there aren't any good ideas or bad ideas. There are just ideas.

2) Look for trends or common threads in what you wrote down. Do you see any patterns there?

3) Begin looking at the world from a different perspective. Instead of shutting down the creative flow by saying, "This idea can't make any money," start collecting articles, clippings, news items and ideas about how other people have created businesses doing what they love. You'll be absolutely amazed at how some of the "craziest" ideas have been turned into successful and very profitable businesses. Why not you?

4) Still stuck? Think back to what you loved to do as a child. Could you lose yourself for hours building your own towns, drawing or painting, or perhaps writing short stories? Were you an adventurer, an animal lover, or a sports enthusiast? Buried in your childhood memories are the seeds of your true passions.

Once you've done some brainstorming and started gathering ideas, you may be surprised at the opportunities you begin to see around you. Keep an open mind. You don't have to be a "workplace hostage" for the rest of your life. You can make money doing what you love, but it all begins with allowing yourself to dream and brainstorm.

Bonnie Pond  
ReLaunch Your Life  
Love your work. Love your money. Love your life.  
931-438-8343  
<http://www.relaunchyourlifecoach.com>  
[bonnie@relaunchyourlifecoach.com](mailto:bonnie@relaunchyourlifecoach.com)

For tips, tools, strategies, and resources to ReLaunch Your Life, be sure to sign up for my FREE newsletter, ReLaunch! and claim your complimentary copy of Seven Ways to ReLaunch Your Life -- Starting Today!  
It's easy to sign up at <http://www.relaunchyourlifecoach.com> or you can send me an email ([Bonnie@relaunchyourlifecoach.com](mailto:Bonnie@relaunchyourlifecoach.com)) and I'll make sure you receive your newsletter each week.