

Your lifestyle refers the way you spend your time and the things you put your energy and focus into, and shows the things that are important to you.

There are six main components in a persons lifestyle:

- **Family**
- **Friends**
- **Leisure**
- **Health**
- **Spirituality**
- **Work**

The lifestyle you have is based on your personal choices. Some parts of your lifestyle are more important than others. For example, for some people spirituality or family is the most important part of their lifestyle, for others, work will be more important to them.



Work has a great effect on your lifestyle and can control how you plan it. Most of us plan our lives around our work, from your daily commute, times you eat, family time, and socializing with friends. Your work will control how much money you earn and how well you are able to pay your debts and save for the future.

So it is important to choose a career that helps you to live the lifestyle you want to live.

**SJPP Liaison Office**

**“Enter Work With Skills”**

## Entering the World of Work



# The Concept of work and Its Importance

## What is work?

Sustained physical or mental effort to overcome obstacles and achieve an objective or result. Work is a means of livelihood, mowing lawns, cashing groceries at a supermarket or babysitting is work.

The following are four (4) main reasons why people work:

~ Work to earn money – We need money for just about every thing we need and want. From our basic needs such as food, transportation, housing, clothing and medical care. They are some things that we don't need but they make life a bit more fun like jewelry, a TV and a cell phone.



~ To be around others – When working with others you have an opportunity to learn so much about those persons ideas and goals. You get to meet those who share your interest and make a few friends along the way.

~ Work to help others – They are so many ways to help people through work. It may be that you are in customer service and assist customers select a service or an item. A colleague may need some assistance completing a big project on time.



~We work to feel good about ourselves – We feel good after doing a job or task well and we feel important when others can rely on us.

Work helps you feel proud and confident, and feeling confidence gives you a feeling of happiness and satisfaction.

## What are Jobs, Careers and Occupations

### **Jobs**

A job is a specific position or work for which you get paid.

Example: an engineering technician at XYZ Company.

### **Occupations**

This refers to the type of work that you do. Even if you change your job you can still have the same occupation.

### **Careers**

A career is a journey that lasts your whole life. Sometimes, it is called a “career path.” As you work in jobs, you build skills, knowledge, and experiences. Your career includes education, training, work experience, and community involvement.

## Work, Your Identity and Your Lifestyle

Work will be a large part of your identity because you are often identified by what you do. For example, if you fix cars you will be identified as a mechanic.

Being proud of yourself for what you do is very important. Work gives you dignity, a feeling of respect for your own worth. When you respect yourself other will respect you too.