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Follow your dream, responsibly

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If you feel stuck in a job that frustrates more than satisfies, it might be time to find a career you can truly love.

Most people harbour dreams of pursuing their ideal career but circumstances often force them to pursue other kinds of work, yet the dream doesn't have to wither away if you are determined and ready to work hard.

Chantel Simmons, a former beauty editor at Elle Canada who now works as a consumer trends tracker and best-selling author, says before trying to jump out of a job you hate, you need to have a clear sense of what job you'd actually love.

"You need to allow yourself to think about what you love to do. What do you think you would be able to do every day and not get sick of?" she said.

Simmons herself left her former career to pursue her lifelong passion of being an author and has found success and happiness finally doing something she always wanted to do.

She says ultimately, regardless of what kind of work you do, there's no shortcut to success. You still need to put time and effort into your career, it just becomes easier and more satisfying when you do something you love.

"To succeed you have to do a lot of hard work, no matter what you're doing. If you love what you do, then the hard work pays off," Simmons said.

First off, be sensible and keep your day job — you don't want to dive head first into the deep end until you know you can swim well enough on your own.

"Some people are able to just quit their job and follow their passion but most people are not able to make that leap. The best thing you can do is take small, small steps. Keep your job while you pursue your passion on the weekends and start out of your kitchen or apartment," Simmons said.

While you might love painting or building furniture to unwind in your spare time, things can change very quickly when you're forced to do something on a daily basis under pressure. The activity you truly love might quickly turn sour once you start to do it for money so test the waters out first.

"There's a difference between a hobby and a career — you may not love it once it's a full-time job. Go ahead and try your passion on the side and see if it's viable as a job," Simmons said.

When you do decide to pursue your dream, commit to it as fully as any other career.

"If you want to start something you have to be determined. Make a commitment every day and don't be afraid to fail. It's all about taking your own future into your hands," Simmons said.



While you might love, say, building furniture in your spare time, things can change very quickly when you start doing it for money. Keep this in mind when following your dream.

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