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Be sure to have backup plan if you can't follow your dreams

I met a woman who loves to dance.

She danced her whole life, as a job, for pleasure, and for activity.

She danced many years for the ballet, she was dancing when she met her husband, she danced while raising her children and she continued to dance once her children had grown up and were off living their own lives.

But now, after so many years of dance, this woman is quite mature and her back is ruined.

She finally had no choice but to hang up her dancing shoes.

She told me she is looking for some new type of work, so she will continue to earn an income and, more important, feel valued by society.

You hear time and time again that you should do what you love and the money will come.

But what do we do if we are no longer physically able to do what we love?

What if our bodies give out before our minds and we cannot afford to retire?

Sports figures know at the beginning of their careers that their dream job could end at any moment if they were to suffer any major physical injuries.

They also know that eventually their bodies will begin to break down and they will no longer be able to do what they love.

But people in many other careers, including



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trades, drivers, movers, or any physical workers, may not plan for a complete change of career later in life due to physical hardship.

People don't like to talk about feeling weak, unprepared or unsure, but this is a major issue.

Doing what you love can take you a long way, but being able to adapt when the body says no more is even more important.

Perhaps teaching others your skills and sharing your knowledge is an option.

Just make sure to have some kind of backup plan.

It's important to keep up with other skills and maintain your networks outside of just one area of expertise.

If the time comes that you have no choice but to change careers, you want to be prepared.

Living an entire life of dancing does sound pretty fantastic.

I told this woman to try and find a way to share her knowledge, experience, and life stories of dance.

I am sure there are people out there who would pay for that.

Sharlene Massie is the CEO of About Staffing Ltd., a dynamic personnel agency specializing

in direct-hire and temporary placements. Questions for Sharlene? Visit the About Staffing website at www.aboutstaffing.com, and click on the link under the Sun logo. This article may

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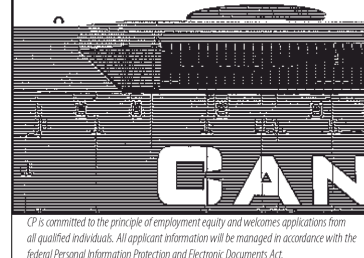
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