



Effortless English

Worthy Goals

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All Sound Files Available At:
<http://www.effortlessenglish.libsyn.com>

trapped: stuck; cannot escape; cannot leave
staring: looking at something a long time
at a glacial pace: very very slow
screen: monitor

mind numbing: very boring
routine: an action you do many times; a habit
miserable: very unhappy; very painful and terrible
inspiring: makes you feel excited; makes you want to be better
autonomy: self-reliance; personal freedom and power
degrading: makes you feel weak
comedy: a funny movie
captured: caught; showed
sterility: without beauty, life, or emotion
numbness: no feeling; cannot feel
pointlessness: without a purpose
degradation: weak and powerless feeling
crushed: destroyed; broken into many tiny pieces; pressed until broken
heartless: having no kindness or emotion
oppressive: controlling; something that controls you and makes you weak
face (verb): encounter; meet
misery: pain, sadness, suffering
insincerity: without honesty; dishonesty
drab: ugly; without color
humiliation: embarrassment
quest: a search for something
livelihood: way of making money; way of working
searching for: looking for; trying to find
inspire: create feelings of excitement; make someone want to be a better person.

There I was, **trapped** in a tiny office, **staring** at the clock. Time seemed to go **at a glacial pace**. I turned back to the computer, put my hands on the keyboard, and stared at the **screen**. I sat like that for hours- doing no work. But if someone walked by my office, it looked like I was working on the computer.

Day after day, I did the same **mind numbing routine**. It was the most **miserable** job I ever had-- working for IBM.

Is it possible to make a living in an honest, **inspiring**, interesting way? Is it possible to have freedom and **autonomy** in one's work life? Does work have to be boring and **degrading**?

Last night I watched the movie "Office Space", a **comedy** about office workers. It was very funny because it was so true. As I watched, I remembered my experiences working for IBM- many years ago. The movie **captured** the **sterility**, the **numbness**, and the **pointlessness** perfectly.

Sadly, most jobs are like this. Most jobs, in my opinion, are factories of **degradation**. The workers' spirit and soul are **crushed**. Over time, people who work in such jobs become empty- depressed, **heartless**, and boring. Hakim Bey once wrote that "work is the most **oppressive** force we **face**, the greatest source of **misery** in our lives." This has certainly been true for me. I hated my job at IBM. I hated the sterility. I hated the **insincerity**. I hated the **drab** offices. I hated the boredom and **humiliation**.

Since then, I've been on a **quest** for a better **livelihood**. I've been searching and **searching for** a good job- for something I love to do. I found that in teaching English. I love doing it. I love working with the students. They excite and **inspire** me. I love my time in the classroom.

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right livelihood: an honest and good job (or business)
employee: worker (for someone else)
administrators: managers; bureaucrats
element of: kind of; piece of
a whiff of: a little
command: tell other people what to do
self-employment: working for yourself (no boss)
principles: rules for living
launched: started; began (something new)
sick of: tired of; don't like anymore
useless: without purpose; not useful; not helpful or effective
risk: chance; (possible to fail or succeed)
follow my heart: do what I really want to do; follow my feelings
to pursue: to follow, to try to get
guarantees: promises of certain success
spectre: ghost
hangs over you: follows you; is always there
worthy: good enough; noble; great
goal: a specific thing you plan to do; something you want to accomplish
terrify: scare (a lot)
adventure: an exciting experience
asking out: ask for a date
abroad: outside your country; in another country
hesitated: waited; paused

accept: don't fight against; acknowledge
give up: quit

antidote: cure; medicine (for poison)

Being an English teacher is much better than working for IBM, but its still not what I consider a "**Right Livelihood**". As an **employee**, I must still follow **administrator's** rules . I must still use their text-books, even when i think they are terrible. As an employee, there is always an **element** of humiliation, always a **whiff of command** and control.

After many years of searching and thinking, I now believe that **self-employment** is the only way to have a right livelihood. You simply must be your own boss or you will never be able to live according to your own **principles**. Truthfully, this is the major reason I **launched** Effortless English. I was **sick of** teaching the way other people wanted me to teach, sick of using **useless** textbooks, and sick of expensive schools that failed their students.

I suddenly realized that I had to take the **risk** and **follow my heart**. I had to have the freedom to do what I loved.

Its a little scary when you start to **pursue** your dream. There are no **guarantees**. People tell you that you are crazy. The **spectre** of failure always **hangs over you**. For the first time in your life you and only you are responsible-- completely responsible.

I once read that a **worthy** and powerful **goal** should both **terrify** and inspire you. If you don't feel both excited and scared, its probably not a worthy goal. I agree. Perhaps you also have big dreams. Maybe you also dream of starting your own business.. or writing a book.. or going on a great **adventure**.. or **asking out** a girl or guy... or studying **abroad**. Perhaps you've **hesitated** to try because actually pursuing the dream terrifies you. Or maybe the fear of failure scares you.

If so, you should realize that this is good. The fear is good. Your terror is a good sign, it means you have chosen a worthy goal.

My best advice to you is the **accept** that fear. Accept it, but don't let it stop you. Whatever your dream, be terrified, but don't **give up**. Be terrified, and then do it.

Because the best **antidote** to fear- is action.

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