



Полезная лексика по теме
«**Видеоразбор: как найти
работу по душе**»

The idea that work might be **fulfilling**, rather than just **painfully necessary**, is a **strikingly recent invention**.

Open Dr. Johnson's **celebrated** dictionary, **published** in 1755, and the word **fulfillment** doesn't even appear.

Nowadays in a **prosperous** world, we don't only **expect** to **obtain money through** our **labor**, we also, **to a greater or lesser extent**, expect to find **meaning** and **satisfaction**.

It's a **big ask** and helps to explain why so many of us have career crises often on a Sunday evening as the Sun begins to **set**. To help us on the **quest** for fulfilling work here are six useful ideas:

fulfilling — удовлетворяющий
painfully necessary — болезненно
необходимый

strikingly — поразительно

recent — недавний

an invention — изобретение

celebrated — знаменитый

to publish — опубликовать

fulfillment — удовлетворение

nowadays — в наши дни

prosperous — процветающий

to expect — ожидать

to obtain money through labor —
зарабатывать деньги трудом

to a greater or lesser extent — в большей
или меньшей степени

meaning — смысл

satisfaction — удовлетворение

a big ask — трудновыполнимая задача

to set (здесь) — заходить

a quest — поиск, погоня за чем-либо



<p>Firstly, accept that being confused about careers is perfectly normal.</p> <p>In a pre-industrial world there were, at most, some 2,000 different trades out there; nowadays there are estimated to be half a million different options.</p> <p>As the result we can become so anxious about making the wrong choice, we end up making no choice at all; psychologists call this "the paradox of choice", paralysis stemming from too many options. We should acknowledge that confusion is natural, and fear entirely normal; but let neither of these scupper our chances forever.</p> <p>Secondly, know yourself.</p> <p>It's the oldest philosophical recommendation, and has particular relevance to careers. For 99% of us knowing what we want to do doesn't arise spontaneously; like for example, knowing what to eat.</p> <p>Most of us don't have a calling; we don't hear a commanding God-like voice directing us to accountancy, or packaging and distribution. That isn't to say we don't have taste or inclinations, we just don't know them clearly enough, which is a perilous position to be in, as not having a plan quickly puts us at the mercy of those who do have one. We only catch glimpses, little hints of our tastes.</p>	<p>to accept — принять</p> <p>to be confused — быть в замешательстве</p> <p>pre-industrial — доиндустриальный</p> <p>a trade — занятие, ремесло</p> <p>to estimate — оценивать</p> <p>anxious — беспокоящийся, озабоченный</p> <p>to end up — в конце концов</p> <p>paralysis — паралич, парализованность</p> <p>to stem from — происходить, возникать</p> <p>to acknowledge — признавать</p> <p>confusion — замешательство</p> <p>entirely — полностью</p> <p>to scupper somebody's chances — уничтожить чьи-то шансы</p> <p>relevance — уместность, относимость к делу</p> <p>to arise — возникать, рождаться</p> <p>to have a calling — иметь призвание</p> <p>God-like — богоподобный</p> <p>to direct — направлять</p> <p>accountancy — бухгалтерское дело</p> <p>that isn't to say — это не значит, что...</p> <p>an inclination — предрасположенность</p> <p>perilous — рискованный, опасный</p> <p>to put somebody at the mercy of — отдать кого-то на милость</p> <p>to catch glimpses — уловить краем глаза, заметить</p> <p>a hint — намек</p>
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So what we have to do is learn to **pick up on** their **faint** sounds: start by **parking** any concerns for money for a time; financial panic too often kills all dialogue with the more **authentic, passionate** sides of one's **nature**.

Write down, without being too logical or analytical about it, everything you've ever enjoyed doing or making, which might **include** building a tree-house, or **sorting out** the winter clothes.

The **weirder** and more **offbeat** list, the better. In the long and confused **tangle** that follows there will, somewhere, be the shape of an ideal future working self, but it'll be very **messed up**, and in need of being analyzed **thoroughly**. That's where philosophy comes in. Philosophy is the art of clearing up, and **demanding** logic of our first thoughts.

Thirdly, think a lot.

If it might take a couple of days, even a week, to choose a new car, it could, **fairly**, take a year or more of **sustained daily reflection** to start to identify a career that **fits**.

We tend to feel **guilty** about this: imagining we're being **self-indulgent** — **far from it**; we may need to empty every weekend for months to sort out the biggest **conundrum** of our lives.

to pick up on — улавливать, обращать внимание на

faint — слабый, едва заметный

to park (здесь) — оставить, отложить

authentic — подлинный, истинный

passionate — увлеченный своим делом, восторженный

nature — характер, нрав

to include — включать

to sort out — рассортировать, разобрать

weird — странный

offbeat — неординарный

a tangle — путаница

messed up — запутанный

thoroughly — тщательно

to demand — требовать

fairly — приблизительно, относительно

sustained daily reflection — непрерывные ежедневные размышления

to fit — подходить

guilty — виновный

self-indulgent — потакающий своим желаниям

far from it — ничего подобного, ничуть

a conundrum — головоломка, загадка



To make sure we don't continue to spend the rest of our lives **trapped** in a job **unwittingly chosen** for us by our unknowing 16 year old selves, we need to be properly **generous** about the **amount** of time we'll need to give this.

Fourthly, try something.

It's **tempting** to imagine we'll be able to **work out** the shape of the **workplace**, and of our own characters simply through pure process of **reflection**, but we need **data**, and we can only understand ourselves and others by **colliding with** the real world, in the process **getting to know** both it and our own natures.

We need to take small, non-**irrevocable** steps to gather information, for example by: **shadowing**, **interning**, or **volunteering**. We mustn't think we always have to **resign** on Monday; we can **investigate** our futures through **branching projects on the side** of existing jobs.

trapped (здесь) — застрявший
unwittingly chosen — неразумно
выбранный

generous — щедрый

an amount — количество

tempting — заманчивой,
привлекательный

to work out — понять, разобраться

a workplace — место работы

reflection — раздумье, размышление

data — данные, информация

to collide with — сталкиваться с

to get to know — узнавать ближе

irrevocable — необратимый,
бесповоротный

shadowing — формат работы, где
новичок сопровождает опытного
сотрудника в рабочей обстановке,
следует за ним, как тень, чтобы
научиться всему

interning — стажировка

volunteering — волонтерство

to resign — подать в отставку

to investigate — изучать, анализировать

a branching project — дополнительный
проект

on the side — заодно, попутно



Five, **reflect on** what makes people unhappy.

Every successful business is **at heart** an **attempt** to solve someone else's problem; the bigger and more **urgent** problem, the greater the **opportunity**. To **flex** your **entrepreneurial muscles**, **consider** an average day and everything in it that might make someone unhappy: from losing the house keys, to finding the food a little **greasy**, to **arguing** yet again **with** their **spouse**.

Each of these is a business opportunity waiting to **be exploited**; it's a chance for us to serve, which is what work really is. It's easy to imagine that everything's been done and tried — **nonsense**; we're unhappy enough for capitalism to have many more centuries of invention and creativity to it.

Six, be confident. So many bad **self-help books** are about confidence; it can be tempting to **dismiss** the whole topic as nonsense; but in a **peculiar** and rather humbling way, it really does seem as if the difference between **success** and **failure** is sometimes nothing less than the **courage** to **give it a go**.

The **ability** to imagine oneself into a role, to **surmise** one doesn't need to **ask anyone for permission** that many of the top positions simply belong to those who **dare** to **boldly** ask for them.

to reflect on — размышлять о

at heart — по сути

an attempt — попытка

urgent — срочный

an opportunity — возможность

to flex muscles — напрягать мускулы

entrepreneurial — предпринимательский

to consider — рассматривать

greasy — сальный, жирный

to argue with one's spouse — спорить, ссориться с супругом (-ой)

to be exploited — быть разработанным

nonsense — чепуха, ерунда

a self-help book — книга по саморазвитию

to dismiss (здесь) — игнорировать

peculiar — необычный

success — успех

failure — провал

courage — смелость

to give it a go — попробовать что-то, дать чему-то шанс

ability — способность

to surmise — предполагать

to ask anyone for permission — спрашивать у кого-либо разрешения

to dare — осмеливаться

boldly — смело, нагло



A lack of confidence is at heart a **misunderstanding** of the way the world works; it's an **internalized** feudalism which imagines that only certain people but not oneself, **have the right, preordained**, to get certain things. It isn't true. As we know, a lot more is possible than we might think at our moments of **timidity** and **doubt**.

That's a start of the path towards a job we won't **regret on** our **death beds**, which should always be **the ultimate criterion**.

a lack of confidence — недостаток уверенности в себе

a misunderstanding — недопонимание

to internalize — усвоить, пропустить через себя

to have the right — иметь право

preordained — предопределенный

timidity — застенчивость, робость

doubt — сомнение

to regret on one's death bed — сожалеть о чем-то на смертном одре

the ultimate criterion — самый главный критерий