

# The Importance of Work and Hobbies. Goal Oriented Behavior

Medical Patient Education Module

Our life is an odd mixture of different moments of action and inaction, work and rest. Work provides us with an inner creative joy. It saves us from the dullness and boredom of life. It puts our energies to a proper use. Unused energies create disorders in us. They make us physically unhealthy and mentally unhappy.

Time hangs heavy on our shoulders when there is no work. It provides us with money for our life hood. It makes our life meaningful and peaceful. Idleness is more tiresome and painful than work. Even the most unpaid, unimportant and unpleasant work is better than no work.

For a really useful and happy work, two things are necessary. They are skill and constructiveness. Constructive work is rather unpleasant in the beginning, but very pleasant at the end. For deriving maximum pleasure from life, we must consider life as a whole, a unity and a system. Good Work pays and evil work destroys at the end.

Every man who learns some useful skill enjoys it till he improves himself completely. The element of constructiveness is an important source of happiness. When a worker builds up something new. He or she feels encouraged and elevated and thus gets pleasure from his creative work. Where there is no need, there would be no work. Where there is no work, there would be no joy in life.