

Home (https://www.femina.in/) » Life (https://www.femina.in/life)  
 » Careers & Money (https://www.femina.in/life/careers-and-money)  
 » Expert Talk: How To Choose The Right Profession

# Expert Talk: How To Choose The Right Profession


Written by **Femina** (https://www.femina.in/author/femina/18)  
 Updated on Apr 14, 2021, 18:27 IST

AA <

(https://news.google.com/publications/CAAGlsgKihvDQkTRHdnTWFnC0tDVip8T05sVIT0c3Iawd0uAE?ceid=INen&oc=3) FOLLOW ON (https://www.google.com/preferences/source?q=femina.in)



**Choosing the right profession for yourself is a decision not to be taken lightly. Understand what you want and then decide.**




**ACHARYA PRASHANT**  
 Spiritual and motivational guru  
 He is an IIT, IIM alumnus turned into a spiritual and motivational guru. At the young age of twenty-eight, he bid goodbye to corporate life and founded Advait Life Education for 'creation of a new humanity through intelligent spirituality'.


What is a profession? It is the answer to one of the most fundamental questions of human existence: "What work should one do?" Have we ever wondered how much of our waking time do we spend working? Around 70 per cent! Hence, it is critical to enquire what really is worth doing.

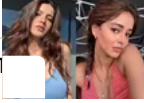


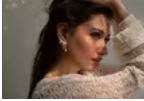
## MOST POPULAR IN CAREERS & MONEY (HTTPS://WWW.FEMINA.IN/LIFE/CAREERS-&-MONEY)

WEEKLY MONTHLY YEARLY

- 

**Looking For A Perfect Summer Fragrance? Here Are 7 Perfumes To Make**  
 (https://www.femina.in/beauty/products/looking-for-a-perfect-summer-fragrance-here-are-7-perfumes-to-make-you-smell-expensive-290262.html)
- 

**13 Stylish Cannes 2026 Looks That Felt More Pinterest Than Red Carpet**  
 (https://www.femina.in/fashion/celeb-style/12-stylish-cannes-2026-looks-that-felt-more-pinterest-than-red-carpet-290217.html)
- 

**7 Hydrating Creams That Deserve A Spot In Your Vanity For Fresh Summer**  
 (https://www.femina.in/beauty/skin/7-hydrating-creams-that-deserve-a-spot-in-your-vanity-for-fresh-summer-skin-290237.html)
- 

**Eight Sunscreens To Get For Every Budget**  
 (https://www.femina.in/beauty/products/eight-sunscreens-to-get-for-every-budget-290246.html)

Image: Shutterstock

When our work is our life and our life is our work, and if the working hours will be boring and full of conflict, what will be the quality of the life we lead? It will be boring, dull and have no energy. So, there is only one thing that a person has to do – in order for the above to happen – and that it is to find out the 'right profession' for herself; to know what is worth doing and what is not worth doing, and in the process, not fall prey to the baits society offers.

The quality of the profession i.e. what we do is defined by the quality of the life we live when doing it, not by the level of sales we generate, not by the kind of respect society gives us for being in a profession. And the quality of life is just not about how much money it gives you; it's about love with which we can come to it. It's about the energy we can give to it.

Want to know whether you are in the right profession or not? If your answer to the below questions is yes, then you are!

- Do you prefer to stay in your profession even if it does not give you any money?
- Do you feel this is something you can give your life to?
- "It does not pay me well; I do not make much money out of doing this, and yet I want to do this" – Does this statement hold true to you?

(<https://www.shutterstock.com/image-photo/hats-mens-professions-out-clay-on-686860522>)



Image: Shutterstock

Our world is full of people who entered into their professions for the wrong reasons. Somebody told them that X job is wonderful; it gives security and respect, and they enter into it, even if it's not something they personally want. Somebody got it from his father; "I have a shop, now I pass on the shop to you. You take it

**6 Quick Steps To Clear Stubborn Sun Tan** (<https://www.femina.in/beauty/skin/amp-stories/6-quick-steps-to-clear-stubborn-clear-sun-tan-290251.amp>)

**6 Hydrating Watermelon Snacks For Draining Summer Afternoons** (<https://www.femina.in/food/recipes/amp-stories/6-hydrating-watermelon-snacks-draining-summer-afternoons-290261.amp>)

**How To Never Get A Bad Haircut Ever Again, According To A Hairstylist** (<https://www.femina.in/food/how-to-never-get-a-bad-haircut-ever-again-according-to-a-hairstylist-290308.html>)

**6 Tinted Lip Balms That Will Not Melt Today** (<https://www.femina.in/beauty/skin/amp-stories/6-tinted-lip-balms-that-will-not-melt-today-290307.amp>)

**7 Bedtime Skincare Routines For Sun Damaged Skin** (<https://www.femina.in/beauty/skin/amp-stories/7-bedtime-skincare-routines-for-sun-damaged-summer-skin-routines-290304.amp>)

**15 Best International Places To Visit In June 2026 | Top Destinations** (<https://www.femina.in/travel/international/15-best-international-places-to-visit-in-june-2026-290300.html>)

**7 Refreshing Watermelon Drinks To Survive Sweltering Summer Afternoons** (<https://www.femina.in/food/instant-fix/amp-stories/7-refreshing-watermelon-drinks-to-survive-sweltering-summer-afternoons-290299.amp>)

**How To Disinfect Your Makeup Sponges Safely In The Microwave** (<https://www.femina.in/beauty/makeup/how-to-disinfect-your-makeup-sponges-safely-in-the-microwave-290298.html>)

**Is Your Waterproof Mascara Making Your Natural Lashes Fall Out?** (<https://www.femina.in/beauty/products/is-your-waterproof-mascara-making-your-natural-lashes-fall-out-290193.html>)

**Kanikka Dewanii on Building Mintree and Redefining Indian Luxury Beauty** (<https://www.femina.in/beauty/skin/kanikka-dewanii-on-building-mintree-and-redefining-indian-luxury-beauty-290303.html>)

forward," and the person takes it up even if he or she had other plans. Not doing what you like or want can lead to frustration, boredom and irritation.

So, when choosing what to take up as a profession, one needs to be honest and open about what one wants from life. Success, security, respect will follow. Choose your professions with the utmost care, discretion, and love.

**Also read:** Professions That Will Best Suit You As Per Your Zodiac (<https://www.femina.in/relationships/love-sex/professions-that-will-best-suit-you-as-per-your-zodiac-188697.html>)

**NEXT STORY:** [Your Income Tax Return Is Judging You \(https://www.femina.in/life/careers-and-money/your-income-tax-return-is-judging-you-289521.html\)](https://www.femina.in/life/careers-and-money/your-income-tax-return-is-judging-you-289521.html)

#### NEXT STORY

[Home \(https://www.femina.in/\)](https://www.femina.in/) » [Life \(https://www.femina.in/life\)](https://www.femina.in/life)  
» [Careers & Money \(https://www.femina.in/life/careers-and-money\)](https://www.femina.in/life/careers-and-money) » [Your Income Tax Return Is Judging You](https://www.femina.in/life/careers-and-money/your-income-tax-return-is-judging-you-289521.html)

# Your Income Tax Return Is Judging You



Written by **Shilpa Dubey** (<https://www.femina.in/author/shilpa-dubey/1067>)

Published on Mar 11, 2026, 13:50 IST

AA <

(<https://news.google.com/publications/CAAqIggKIhxDQkITRhdnTWFncoiDVipsT05vV1NkBlawd0uAE?ceid=Nlen&oc=3>)

Follow Us

Preferred on

(<https://www.google.com/preferences/source?q=femina.in>)

**Femina finds out what your Income Tax Return quietly reveals about your financial health, your habits, and whether you're actually adulting**



Here's something nobody tells you when you file your Income Tax Return (ITR): it's not just paperwork. It's a mirror. And, unlike the bathroom mirror that lets you adjust the lighting, this one shows everything – your financial discipline, your planning skills, whether you're building a future, or just winging it paycheck to paycheck.

To make sense of what this document really reveals, we turned to experts to decode what your tax return actually says about you. Turns out it says a lot. Maybe too much.