

LifeMapSM



"LifeMap is a navigational tool to help you on your path towards personal and professional success. Our belief is that you can achieve a more rewarding career, a more productive organization and a more enjoyable and abundant life."

April 2014

This Month's Message:

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2014 Quarterly Review

In last December's LifeMap I challenged you to envision and define your intentions for the upcoming year. In January's edition we tackled the issue of procrastination. As of the first of this month one quarter of the year is behind us. I thought this would be a good time to check in and see how your intentions are coming to fruition.

Over the past 30 years I've facilitated many quarterly review meetings for my client companies. In business there are commonly accepted metrics such as sales and profit, and some that are trickier to compute such as productivity and ebitda (earnings before interest, taxes, depreciation and amortization). It's always a challenge to keep a balanced focus on what has been accomplished and what goals are still unmet. To keep a team motivated it is important to focus on what has been accomplished and what incremental progress

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there has been in order to summon up the energy and focus to continue striving toward goals that are still unmet.

The same is true as we take stock of where we are in our lives. It's easy to see where we haven't met our goals, where we've stumbled and even easier to beat ourselves about it. Though a clear-eyed picture of what we want and where we going are important it is essential to acknowledge steps we've made in the right direction. This strengthens our resolve and reinforces the positive habits we are trying to develop.

Paths Forward

Here is a list of questions to help you conduct a positive and balanced quarterly assessment of how you are doing along the path toward a satisfying life of your design. Not all of them may be appropriate for you at this time. Focus on what you've done and where you've succeeded. This will help you to both celebrate and reinforce the progress that you've made. Helpful options include jotting your responses (shorthand is fine) in your journal or having someone close to you interview you and take notes but either way be sure to capture your responses. They are the proof that you are moving in the direction of your intentions and goals. They will sustain you on your path forward.

- What goal(s) have I set for my work life this year? What initial step(s) have I already taken toward them?
- What one or two changes have I made to take better care of my health?
- What one or two things have I done just for the fun of it with a friend or family member?
- What is one new habit I've started on a path toward better financial health.
- Is my environment (office, house, other) supporting or impeding my progress? What small changes can I make there?
- What small efforts have I made to reach out to others? (Watch for next month's LifeMap on the science of karma.)
- Where have I pushed back with a "no" when it was required?
- What character muscle have I worked on? (e.g. patience, kindness, forgiveness, overcoming a fear, being appreciative.)
- When did I put aside a small chunk of time for myself (such as for reading, a movie, a jog, a walk, journaling, or a just nap)?

LifeMap (sm) is about supporting you in your ongoing efforts to create the satisfying life you desire.

· Need Career Coaching?

The best investment you can make is in your career, your future and yourself.

email drpaul@drpaulpowers.com

· Tired of boring meetings??

Have Dr. Paul speak at your next off-site meeting or conference. Fast-moving. practical. motivating presentations

from an acknowledged leader in the field of career and personal success.

<http://www.drpaulpowers.com/speakingschedule.html>

Resources

· Are you or someone you know job hunting or thinking about it?

The best, concise, all-round job changing guide available. Revised Edition [Winning Job Interviews](#) by Dr. Paul Powers.

In this easy-to-follow, step-by-step book, Dr. Paul Powers demystifies job interviewing, explains why the process actually favors the job hunter, and shows how you can dramatically improve your interview skills. Packed with solid, practical information and laced with both humor and "kick in the pants" motivation, *Winning Job Interviews* is the book you wished you had before your last interview... and is mandatory preparation for your next one!

· Stalled at work? Still struggling to find your true vocation?

Or know someone who is? Order your copy of [Love Your Job! Loving the Job You Have, Finding A Job You Love](#) by Dr. Paul.

<http://www.drpaulpowers.com/booksandarticles.html>

Have an issue or question you'd like Dr. Paul to address in a future edition? Send an email to the email address list below.

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Sincerely,

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