

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."

December 16, 2008

This Week's Message:

What Do You Want?

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What Do You Want?

While you're stuck in line doing your holiday chores, moving slowly in traffic or any place else where you get to be alone with your thoughts I'd like you to ask yourself a question: what do I want? Or, more specifically, what do I want in 2009.

Quick Links

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Long time LifeMap community members know that I'm not a big fan of New Year's resolutions because for many they are a once a year exercise in making change via unrealistically large goals. If they work for you - great. If not, maybe try a different approach.

Using my LifeSpace Model (go to www.drpaulpowers.com, click on LifeMap Archive, open 2/21/06, *LifeSpace Planning & Development - getting started*) start thinking about four major elements in your life: home and family life, work and career life, community and social life, and your individual / personal life. Using the LifeMap newsletter as a tool we will focus attention on each of these areas during 2009. But for right now I don't want you to start generating specific goals and tasks to achieve them in the much the same way that you've made your traditional New Year's resolutions. Try this instead.

Paths Forward

• **Allow Your Ideas To Surface.** Don't force yourself into this process. Whenever you have some time to do some blue-sky thinking simply ask yourself *what do I want?* Your intellect will focus your thoughts on the area of most

immediate need: career, home / family, friends, community, and personal growth. If you keep asking yourself this question, over time each of these important life elements will get their appropriate amount of your attention.

• **Log Your Thoughts.** When you have access to a notebook or computer jot down those thoughts that have stuck with you in answer to the *what do I want* question. Don't worry that you might forget a few thoughts because the most important ones will stay with you. Continue this process for a couple of weeks and you will see important data emerging in all areas.

• **Is There A Theme?** As you look at your answers to *what do I want* look closely to see if there is a thread that connects them or if there is a theme that goes through each element of your life. This isn't always the case but when it is the insight can be quite powerful.

• **Live With Your Answers.** Fight the urge to immediately start *doing* something with your inner observations. Let these ideas and thoughts roll around in your brain for a bit. What will happen is that your mind will start to use this information to compose a different picture of who you are and how you can live in all areas of your life.

• **Visualize Your Intentions.** Let these images grow and come into clearer focus in your mind's eye. This won't happen all at once and some images will come to you more quickly than others. But keep at it because these images are your intentions. Look at them from different angles and multiple viewpoints. Try them on for size, fit and comfort. Just seeing them and believing in them will not bring them to fruition. But for now you have done the hard work of clarifying your intentions and in the New Year we can start bringing them to reality.

Life Map is about helping you to create the more satisfying, abundant and enjoyable life that you want and deserve. Best wishes for a healthy, happy and prosperous New Year!

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

Someone you know job hunting or thinking about it?

To order the best, concise, all-round job changing guide available. "*Winning Job Interviews: Reduce Interview Anxiety, Outprepare the Other Candidates, Land the Job You Love*" by Dr. Paul Powers, click the link below.

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

Or know someone who is? To order your copy of "*Love Your Job! Loving the Job You Have, Finding a Job You Love*" by Dr. Paul Powers, click the link below.

<http://www.drpaulpowers.com/booksarticles.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,

Dr. Paul

Email: drpaul@drpaulpowers.com
Phone: 781-237-0550
Web: <http://www.drpaulpowers.com>

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Dr. Paul Powers | 30 Ledyard Street | Wellesley Hills | MA | 02481