

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 18, 2007

This Week's Message:

[The Meaning of Winter.](#)

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The Meaning of Winter.

Later this week, on December 22, winter officially begins here in New England. The weather has already been rather cold, we've already had some snow and, yes, some folks are already grumbling about the weather. This final edition of LifeMap for 2007 will offer a few brief thoughts for you to consider about getting the most out of this often under-appreciated season.

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- Many folks get very stressed out at this time of year because of the holidays which is why, a couple of months ago, I advised that you start early and decide for yourself what you wanted your holiday season to look like. (Go to www.drpaulpowers.com, click on LifeMap Archive, open 10/9/07 *Plan Now for Lower Stress Holidays*). It's not too late to create the holidays you've always wanted.
- Throughout human history winter has been a time for many celebrations (not just Christmas) perhaps to counteract or compensate for the darkness of the season. Long before it was a "Yule log" Scandinavians burned a log to honor their god Thor. You may be surprised that the tradition of kissing under the mistletoe came from the Norse who believed that if enemies met under it a truce could be declared for a day. Winter solstice celebrations often designated gifts of ivy, mistletoe and holly to symbolize peace. Those of the Jewish faith give gifts to celebrate Chanukah - during the winter. The ancient Romans used evergreen trees to symbolize eternal life. Regardless of your religious tradition what, in your life, is worthy of celebration?
- It is not winter everywhere right now. One definition of winter is "the coldest season of the year, in the northern hemisphere from December to February and in the southern hemisphere from June to August." Perhaps this is Mother Nature's way of reminding us that how we see the world around *us* is not a universal truth and that it is wise to consider other opinions and different approaches to the challenges we face in life.
- Astronomically winter is when the sun shines obliquely upon any region. I have found that sometimes looking at one's problems obliquely, from an angle, can yield important perspective. Tackling things head on may not always be the best approach and sometimes raising issues indirectly can be a useful, gentle, and wise strategy.
- The change of seasons remind us of the need to move forward in time; the need to move forward in our lives. The opening line from Shakespeare's play *Richard III* - "This is the winter of our discontent" is often misinterpreted as meaning winter is an unpleasant time. The full line - "This is the winter of our discontent made glorious by this sun of York" - is not an English weather report but a reference to a time of unhappiness that is now past. Is this the right, emotionally healthy time for you to leave something in *your* past?

· The winter solstice is the shortest day of the year but starting the following day there will be a little more light and the day after that a little more light and a little more light the day after that. For me, this represents God's gift of hope. As you look forward, what is it you are hoping for? As you look to the new year, what parts of your life, which of your dreams deserve the increasing light of your attention, energy and focus?

2007 has been a year of incredible growth for LifeMap and I thank each and every one of our subscribers for making it so. Let's work together to make 2008 your best year yet.

LifeMap is about making every day - of every season - the best we can.

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.

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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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