

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."

January 2010

This Month's Message:

**Welcome to the first
LifeMap of 2010.**

Paths Forward

**· Need Career
Coaching?**

To subscribe a friend, colleague or family member to this free newsletter - email their address to drpaul@drpaulpowers.com with the subject line "send LifeMap"

Welcome to the first LifeMap of 2010.

I look forward to working with you toward what I hope will be your best year yet. First, a few announcements:

· Tired of boring meetings??

Resources

Quick Links

[LifeMap Archive](#)

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Join our mailing list!

Join

· If current plans come to fruition I will be launching "Dr. Paul's Winning Career Blog" during Quarter 1 of 2010. The LifeMap newsletter editions that address specific career issues now generate more responses than I can personally handle. This new blog will allow for more interaction with and among those who respond with comments and questions specifically pertaining to succeeding in the workplace and achieving one's career goals. I will keep you posted on our progress with this new venture.

· To allow time for this new writing effort the publication schedule for LifeMap will go from twice a month to once a month. LifeMap will still have its strong focus on a rewarding career but in the larger context of a balanced life that includes time and energy for family and home life, an enjoyable community, recreational and social life, with financial sanity and some time remaining for planning an active and engaging retirement.

Please check my web site www.drpaulpowers.com for the LifeMap Archive loaded with articles that may interest and motivate you. Forward one to a friend who may need a lift or a friendly nudge in the ribs.

· Next month I will post Powers & Co's Annual Retirement Planning / Retirement Living survey. It will stay open for your responses for two months and I publish the results in the April edition of LifeMap.

This Month's Message: A New Year / A New Vision.

Long time members of the LifeMap community know that I'm not a huge fan of New Year's resolutions. But if you did make any I hope you are starting to make progress converting them from positive thoughts to positive habits. What I *do* think is that New Year's is a good opportunity to give some thought to the overall direction of your career and life in the coming year. I don't suggest anything as formal as the typical (and often smarmy) vision statements seen posted in company reception areas and conference rooms. But it is quite easy to get bogged down in techniques and tactics when a bit of time might be well invested in long-term vision and overall strategy. Vision and strategy can help you to:

- avoid the unimportant distractions that so frequently arise,
- maintain your perspective during hectic or turbulent times by keeping you focused on what is most important to you

and,

- nourish and comfort you with the peace of mind that comes from knowing (even despite occasional setbacks) that you are heading in the right direction.

Last month I had the enjoyable opportunity to participate in a teleconference organized and facilitated by the Central Conference of American Rabbis (www.ccarnet.org) for their 1,880 member rabbis about job search in general and specifically on *Preparing Your Vision and Doing Your Homework*. It was an engaging and enlightening hour as you might assume given the caliber of my colleagues in this discussion: Dr. Mark Horney, Director of Career Management for Columbia Business School's Executive MBA Programs, Dr. Laura Leiber, CCAR member and Professor at Duke University and William Simon, Senior Client Partner/ Global Sector Leader, Korn/Ferry International.

What really helped focus this discussion was how directly yet elegantly the topic was phrased (*Preparing Your Vision and Doing Your Homework*). It is all too easy to get absorbed in theory while thinking through life's larger issues. But the notion of doing one's homework helps remind us that a rewarding life and career doesn't happen just because we envision it and wish it so - it is something we must work to create.

Below are some questions to get you thinking about a new vision for a new year. Don't just mull them over as you read them. Print them out and keep them in your attaché or backpack. Or break out that notebook, write them down, keep updating and refining your answers. Determine what next steps you need to take to make this year a breakthrough year for creating the life and career you want and deserve. If you start to get overwhelmed go to www.drpaulpowers.com, click on LifeMap Archive and open *2/26/06 LifeSpace Planning and Development* that will provide you with a model to help you organize your thoughts and goals.

Paths Forward

- What is it that you really want to be known for?
- What is it that you really want to be remembered for?
- What skills and talents of yours are struggling to be released?
- Can you sketch out or outline a rewarding career path?
- Who can advise, mentor, or guide you?

- What is your vision for a rewarding career / life balance?
- What do you lack to make this vision a reality? How can you compensate?
- What resources can you find to help you make your vision a reality?
- Who can help you and support you emotionally on this journey?
- Are you willing to do the homework to make it happen?
- When will you begin?

LifeMap is about both goal definition and goal achievement. That is why the **LifeMap** logo is a compass: it is a tool for both locating a destination and setting a course for one to safely reach that destination.

· 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/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.

If you found this issue of LifeMap of value please forward it to 3 people who you think will enjoy it or you may send us their email address a for a free subscription.

To ensure that LifeMap is delivered to your inbox, please add drpaul@drpaulpowers.com to your address book or list of approved senders.

(Our privacy policy: we do not share or sell email addresses or any info with any other parties. Ever.)

Sincerely,

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