

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 8, 2008

This Week's Message:

What's Your Plan?

Paths Forward

Resources

Have Dr. Paul speak at your next meeting or conference.

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What's Your Plan?

Welcome to a new year of LifeMap, your bi-weekly dose of realistic optimism and source of practical ideas to help you achieve a more successful, enjoyable and abundant life. Long time LifeMap community members know I'm not big on New Year's resolutions. I've had some that were helpful and some that weren't. If they work for you - great, go for it. I have discovered, however, that there are opportunities for change and growth all year long and that you have a better chance of making the most out of these opportunities if you

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have your eyes open and are looking for them.

The old saying is that "One never plans to fail but many fail to plan." One good way to uncover the opportunities that life presents and to be ready to capitalize on them is to have a strategic plan for how you want your life to be. It can be as brief or as detailed as you want it or need it to be. But knowing what you want is essential to getting it.

In talks and seminars all around the country, in TV and radio interviews and in my book *Love Your Job!* I have introduced the concept of LifeSpace Planning and Development. I know it's a mouthful but, essentially, it is: taking a systematic and comprehensive approach to *building a successful life according to your needs and desires*. Nobody gets more than 24 hours a day and it is up to each of us to use the precious time we have been given to make space in our lives for those things that we determine are important and to help us address those issues which can help us live more balanced, more rewarding and more enjoyable lives.

During the year (as in the past two) we'll be touching on topics such as career advancement, being enjoyably engaged in our communities, helping our children develop, supporting our elders, fiscal harmony in the household, getting ready for a great retirement and many more. These topics don't arise randomly; they all relate to various parts of a solid LifeSpace plan.

A comprehensive LifeSpace plan has a minimum of four elements. To construct a useful agenda for each of these elements it is necessary for you to determine the salient issues, challenges or opportunities for each. It is not essential (and certainly not realistic) to tackle all of these issues at once. What *is* important is to define *your* goals, establish *your* priorities and to use *your own* definition of success. Below are a few brief thoughts to help you get started on a LifeSpace plan that can help you make 2008 your best year yet.

Paths Forward

- **Work Life.** Am I happy at work? How can I grow my current job? How can I prepare myself for my next (internal or external) move? Where is my career going long term? Is it time to make a move? How do I proceed?
- **Home Life.** Am I happy at home? Am I satisfied with the relationship with my spouse, children, elders, or the intimate

group of friends that sometimes constitute a support "family" for some non- married folks? Is my home life a refuge from the world or a demanding job with little compensation? Are household tasks / chores shared equitably or am I treated like "the help"? Are household finances an on- going source of friction and disagreement? How do I create the home life I've always wanted?

• **Social Life.** Do I feel connected with others or do I feel isolated? Do I feel part of my community? Do I invest the time and energy to develop and nurture friendships? Do I really believe that being socially connected can be good for my marital relationship, my relationship with my children, my career, my preparation for retirement, for my community, and for my emotional well-being? If so, what will I do about it?

• **Individual Life.** Do my needs always come last? What are they? How do I feel about my physical, emotional, spiritual health? What have I always wanted and never gotten? What do I deserve more of: quiet, fun, friendship, security, creativity, down time, intimacy, hobbies, peace? Do I have at least some small piece of my life that is just for me? If I deserve it, how do I get it?

LifeMap is about not waiting for the good life to find you. It is about creating your own unique path towards personal and professional success - as you define it according to your needs, your values and your dreams.

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 Dr. Paul speak at your next meeting or conference.

Fast-moving, practical, motivating presentations from an acknowledged leader in the field of career and personal success.

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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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