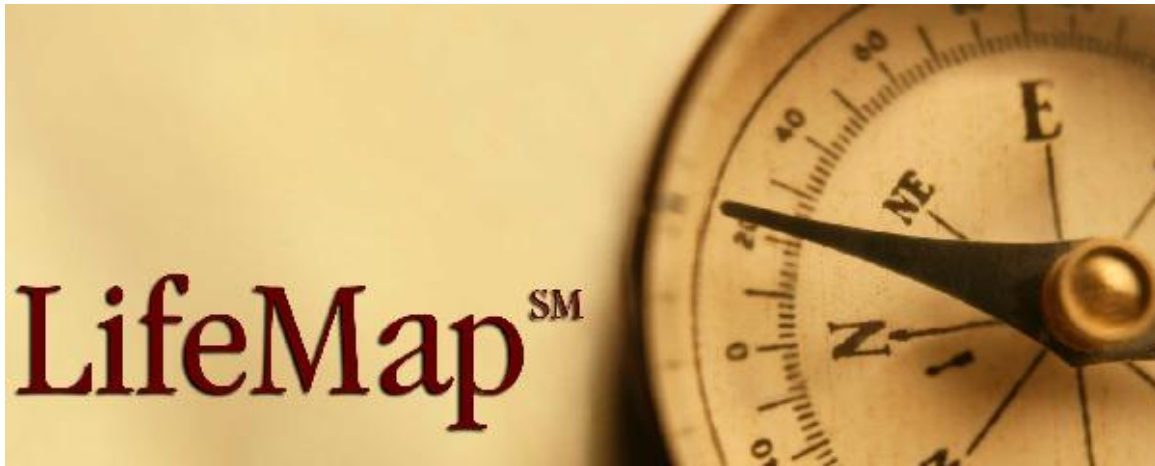


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LifeMap is a navigational tool to help you on your path towards personal and professional success.

Our belief is that you can achieve a more rewarding career, a more productive organization and a more satisfying life.

December 2017

This Month's Message:

Experiencing More Positive Emotions.

Paths Forward:

CAREER BEST SELLER

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Experiencing More Positive Emotions.

Every year at this time I try to think of something especially enjoyable and beneficial to share with my loyal LifeMap community members. Preparing for a recent presentation I came across some research that really got me thinking.

The journal "Emotion" published the results of a study wherein 175 middle-aged adults provided daily reports of their emotional experiences for 30 days. Six months later the researchers tested the participants' blood samples for biomarkers of inflammation. You might ask why these researchers would be interested in inflammation. I learned that inflammation is an under-diagnosed syndrome that is correlated with a host of illnesses such as chronic peptic ulcer, asthma, Alzheimer's disease, rheumatoid arthritis, heart disease, tuberculosis, ulcerative colitis and Crohn's

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heart disease, tuberculosis, ulcerative colitis and Crohn's disease, chronic active hepatitis, chronic periodontal disease, chronic sinusitis and others. Wow- what a list!

The researchers found that after six months and (this is important) after controlling for the total amount of positive emotional experiences those who reported more different types of positive emotions had less inflammation than people who experienced fewer types of positive emotions. Indicating - to me at least- that one way to better overall health is to increase your positive emotional range.

I started reflecting on the positive emotions I typically experience and I came up with about a half dozen that we're all familiar with. But that didn't seem sufficient so, as I often do, I've been asking clients, colleagues, and friends for their ideas. My list has grown to 20. When you read them you will (like me) probably say something like "Oh sure, I would have said that." But, the thing is, they didn't come immediately to mind because we all often overlook all the positive opportunities that surround us. My purpose here is not to uncover some great new secret or groundbreaking theory of human psychology. It is to stimulate you into thinking about the many ways you can bring positive emotions into your life- and improve your physical health to boot. Review the list below and select the positive emotions you want to add to your experience of life this coming year.

Paths Forward:

1. JOY

Great happiness from experiences that provide pleasure and lifts your spirit.

2. CHEERFULNESS

A state of mind wherein you make an effort to present good cheer, friendliness and optimism.

3. KINDNESS

Giving and receiving warmth, affection, consideration, and generosity.

4. AMUSEMENT

Jokes, funny stories and a lighthearted attitude that lifts your spirit and the spirits of others. Consider who and what makes you laugh and seek them out? **I suggest you read [Anatomy of an Illness: As Perceived by the Patient \(Twentieth Anniversary Edition\)](#)** the best-selling, groundbreaking classic by Norman Cousins written over 30 yrs ago on combating life-threatening illness through humor and patient participation in health care. Keeping a sense of humor. Modern science has shown the healthful effect of laughter but this has been known for all of human history going back at least as far as the Old Testament that reads "A merry heart doeth good like a medicine"

5. GRATITUDE

Appreciation for all the good things in your - health, family, friends, skills, talents, experiences.

6. CONFIDENCE

A belief in one's self and a sense that most things are "doable".

7. INTEREST

Being engaged by curiosity and a desire to learn something new about a person or place or topic.

8. ENJOYMENT

Taking pleasure in the company of another or of an event, experience or place.

9. PLEASANT SURPRISE

An unexpected gift, pleasurable experience, or when something nice just happens "out of the blue".

10. HOPE

A sense that most problems are transitory and that most things work themselves out positively as often as negatively.

11. ADMIRATION

Observing and respecting others whose attitudes, beliefs, actions, talents and behaviors contribute to building the world you desire to live in.

12. ENTHUSIASM

Excitement and energy devoted to a person, project or experience.

13. EUPHORIA

Overwhelming but momentary pleasure such as experiencing a favorite piece of music or accomplishing a long-held goal.

14. SATISFACTION

A pleasurable sense of fulfillment from accomplishment or extending yourself to others.

15. PRIDE

Similar to satisfaction but with perhaps an added dose of public notice and appreciation.

16. CONTENTMENT

Also similar to satisfaction but with a certain absence of want or desire.

17. SERENITY

An understanding of the difference between what can and cannot be changed, often followed by the kind of inner calm and tranquility that can be found in nature.

18. INSPIRATION

A physical or emotional sense of uplift and energy deriving from a personal or shared experience of a person, place, or event.

19. AWE

Not a burger or some new gadget. Awe is a stunning experience of something almost otherworldly or beyond belief like birth or martyrdom or can come from seeing something magnificent like Niagara Falls or Yosemite Valley for the first time.

20. LOVE

I will not embarrass myself by trying to describe what a thousand years of writers have tried to explain.

These are just some of the positive emotions of which you are capable. They can be a part of *your* human repertoire; they are part of your birthright . They will make you a healthier person, they will make you a more desirable person, a more attractive person to be around. They will make you a fulfilled person. They are low-hanging fruit but...

You must reach up and reach out for them and embrace them because they are the best definition of a life well lived.

Feel free to forward this along to whomever you think might enjoy a heartening holiday message.

LifeMap (sm) is about supporting you along the road toward your best self.

Merry Christmas.

Happy Hanukkah.

May your New Year be filled with health and happiness.

CAREER BEST SELLER

For the past 30 years I've surveyed successful job hunters and captured their proven shortcuts, insider knowledge and time-saving / stress-reducing tips.

My new book [Don't Wear Flip-Flops to Your Interview](#) is packed with strategies and techniques that are practical, market-proven, and easy to use. Added to this powerful mix, are the hard-won lessons from the personal experiences of thousands of professionals who have succeeded in the job changing game. It is not necessary for you to struggle to rediscover and reinvent the job hunting process. Here you will find the keys to a more productive, shorter and less stressful job search.



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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 listed below.

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