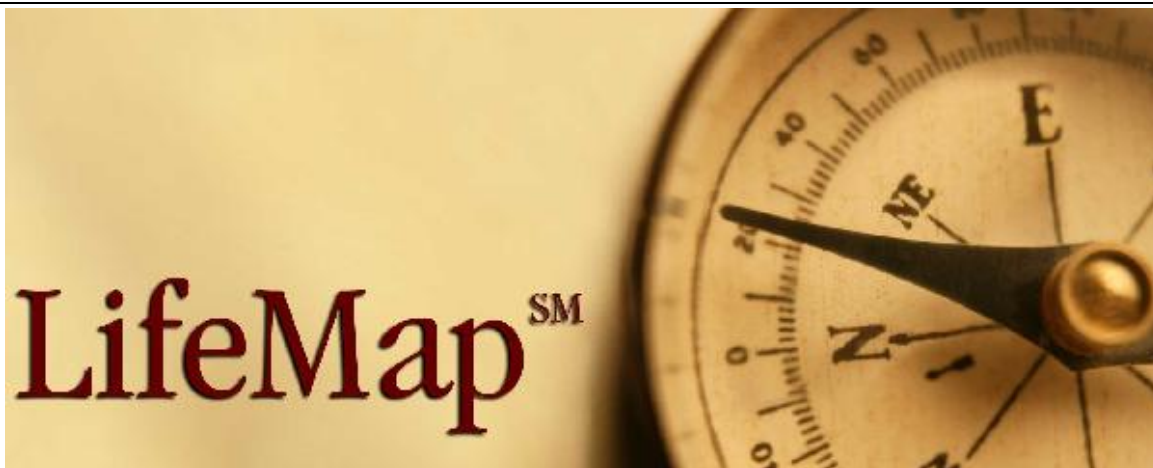


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LifeMap is a navigational tool to help you on your path towards personal and professional success.

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

April 2017

This Month's Message:

SPRING AHEAD

Paths Forward:

CAREER BEST SELLER

Tired of boring meetings??

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SPRING AHEAD

In the northern hemisphere Spring starts on March 20. Growing up in New England I always looked forward anxiously to Spring, breaking out my baseball glove, my bike and all the other enjoyable activities that warmer weather would bring. I thought this would be an enjoyable LifeMap topic so I started asking folks from all walks of life whom I encountered what they most looked forward to at this time of year.

Unfortunately I've had to hold off publishing this edition of LifeMap because the weather in many places hasn't been cooperating very much. With freak snowstorms, floods, mudslides, tornados and the like that I've been seeing on TV it seemed almost sadistic to post the results of this little study

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Finally (and I'm keeping my fingers crossed here) the weather seems to have settled down so I'll share my findings below. I know this month's topic is a bit lighter than usual but, given all that's going on in the world, here's hoping that there is something on this list that will lift your spirits as the sun climbs higher in the sky and the days grow longer.

Here what people said when I asked them "What do you love most about Spring?"

Paths Forward:

* **"Sunshine, baby"** Goodbye to short, dark and dreary days. Sunlight produces vitamin D which is needed for effective functioning of our brain, bones, heart, muscles and immune system. For those with seasonal affective disorder (SAD) bright light is found to help with a (forgive me) sunnier attitude. With two terrific dermatologists who look after me I would be remiss not to mention that too much of anything is not healthful. So remember to monitor your time in the sun and use sunscreen.

* **"Everything is in bloom"** Well not everything but the crocuses, the daffodils, trees and bushes of all sorts; soon tulips, forsythia, and (my favorite) lilacs. With a tip of the scally cap to James Joyce, everyday can be Bloomsday; you don't have to wait for June 16th for a wee bit of a walkabout.

* **"Lower energy bills"** I hadn't considered this but one of my engineering pals pointed out that in most of the country the heating season was mostly over and the air conditioning season has not yet arrived. Is there anything more energizing than throwing open the windows to let the fresh air flow into your living space?

* **"Being outside more"** Spending time outdoors has been shown to lower blood pressure and lower stress levels. You can do this solo, as a couple or in a group. It can be an incentive to get that exercise resolution back on track or maybe start a new routine.

* **"March Madness, Baseball is Back, The Masters, The Stanley Cup"** This answer made me laugh out loud. I had been hearing from multiple folks all about what was blooming, and getting back outdoors, and sunshine, etc. and then one of my golf friends rattles off his pleasure at what seemed like a week's worth of the ESPN broadcast schedule. But, hey, if this is your thing enjoy this seasonal sports rush. And keep your eye out for early sprouting mint for those Kentucky Derby juleps!

* **Tee-shirts, Shorts and Flip-Flops.** This one came in from Michigan. Yes, in many places warmer weather means lighter clothing so you can pack some of that heavy stuff away until Fall. From those of us fortunate enough to escape the worst of winter we welcome the rest of you back to Margaritaville.

Oh- one caveat: [Don't Wear Flip-Flops to Your Interview](#)

* **Getting the Garden In.** In our modern world fresh fruits and vegetables are easier to get year 'round than ever before. But nothing beats the taste of something you've grown yourself. Many folks find digging in the dirt and mulch a source of relaxation. I do not but I willingly trade some much-needed exercise for garden fresh tomatoes, figs, radishes, onions and more. I'm no Zen master but watching food grow up out of bare earth is pretty darn close to a miracle. And a warning to the Bad Bunny Gang of Cape Cod: cute, shmoot, I'm on to you this year!!!

LifeMap(sm) is about making the most out of each day, each week, each season of life.

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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Sincerely,

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