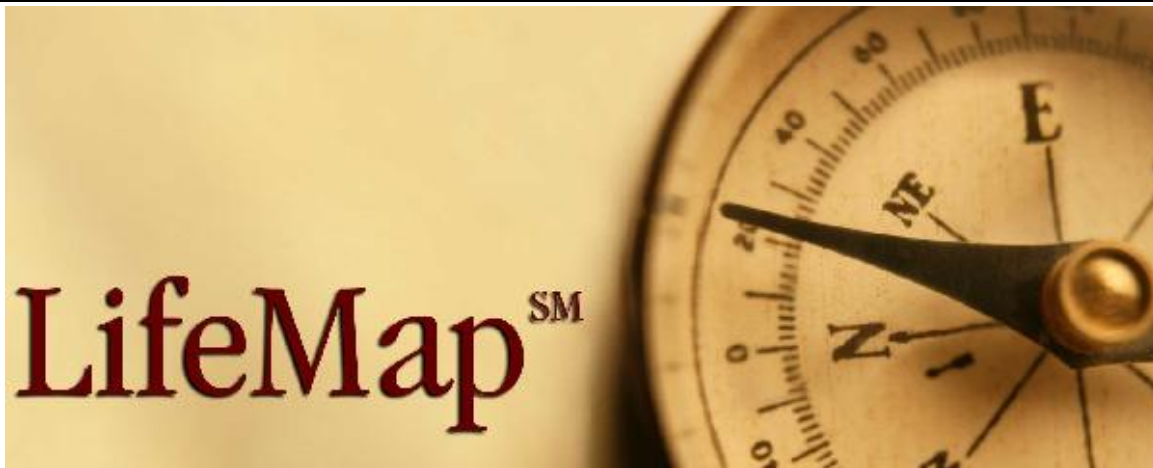


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LifeMap is a navigational tool to help you on your path towards personal and professional success.

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

September 2017

This Month's Message:

Enjoy September - A Dozen Ideas!

Paths Forward:

CAREER BEST SELLER

Tired of boring meetings??

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Enjoy September - A Dozen Ideas!

I recently read a research study from the U.K. indicating that September is the most relaxing, least stressful month of the year. My observation is that stress really ramps up as we approach Christmas and some studies indicate that January is actually the most stressful month of the year. (Maybe that comes from worrying about how to pay those Christmas bills.)

In any event it occurred to me to suggest some ways you can capitalize on this hopefully relaxing month to derive the most pleasure possible from it. You'll note many of these ideas are low cost and only require that you reach out to family and friends to enjoy them with you.

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Paths Forward:

* **Open the Windows.** Cold weather will be on us soon enough and the house will be buttoned up. Now, while the days are still a bit warm and the nights are cool, throw open the windows and enjoy the fresh, invigorating air.

* **Pretend You're a Visitor.** Many times we don't visit interesting local historic or cultural sites until we take someone there who is visiting from out of town. Pick one that you've missed or not seen in a long time and treat yourself to a one day "staycation".

* **Your Honey-Do List.** Allow the weather to energize you to knock a couple of things off your list. Working together can be fun so involve the kids. Put the garden to bed, replace your windshield wipers, store the summer toys, organize the basement or garage, replace the smoke alarm batteries.

* **Go Apple Picking.** Use your local paper to find close-by orchards. A ride in the country, fresh air, healthy fruit - what could be more fun.

* **Now For the Hard Part.** Do a tiny bit of research and find an easy apple pie recipe. If, like me, you're a better helper than baker chill out and assume the role of peeler, slicer or clean-up person. This will fill your living space with the most delicious aroma and after the first bite you'll never want store-bought again.

* **Now For the Easy Part.** It's as easy to bake two pies as it is to bake one. Take the one that looks closest to perfect and bring it to an elderly or sick neighbor or maybe to someone who has done you a favor. You'll get that endorphin-filled "helper's high" I've written about before (and then you can go home and have a piece of your own ☺)

* **Make Scents.** If you enjoyed the apple pie aroma take the next step and visit a store which sells scented candles and potpourri. They often have major sales. It's a great way to bring the scents of the outdoors to your indoor environment in cooler weather. With the holidays coming remember that these items make for lovely gifts.

* **Oh and About the Holidays.** You can get an early jump on the upcoming holiday stress by keeping an eye out for gift sales or tuning up your Xmas card list.

* **A New Hobby?** Does the advent of a new season suggest that maybe it's time to start that new hobby you've thought about before the year gets totally away from you? What have you been meaning to try? Take the first step.

Succumb to the Season. What spells Autumn to you? A hayride, carving a pumpkin, whipping up a savory hot soup, a leaf-peeping ride, or just relaxing on the front steps with a cup of mulled cider? There is so much to enjoy. Don't allow today's relentless consumerism to feed your cynicism.

Do you believe in synchronicity? I've wondered about it from time to time. As I've been writing this month's LifeMap I've been streaming WMVY radio FM 89.7 (one of the few stations

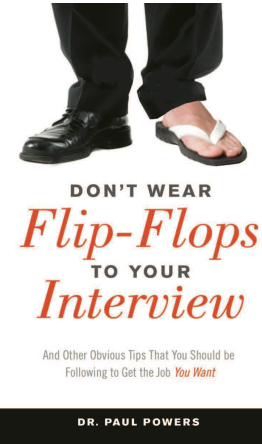
been screaming with radio frequency (one of the few stations left not run by an algorithm). As I tried to think of a concise way to wrap up this LifeMap I heard the final refrain of the classic Carly Simon tune Anticipation, which helped me crystallize what I wanted to close with. None of us know how many seasons are left on our calendar so why not make the most of the one at hand " . . . cuz these are the good old days" that we'll remember.

LifeMap (sm) is about making the most of whatever time and talents we've been given.

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