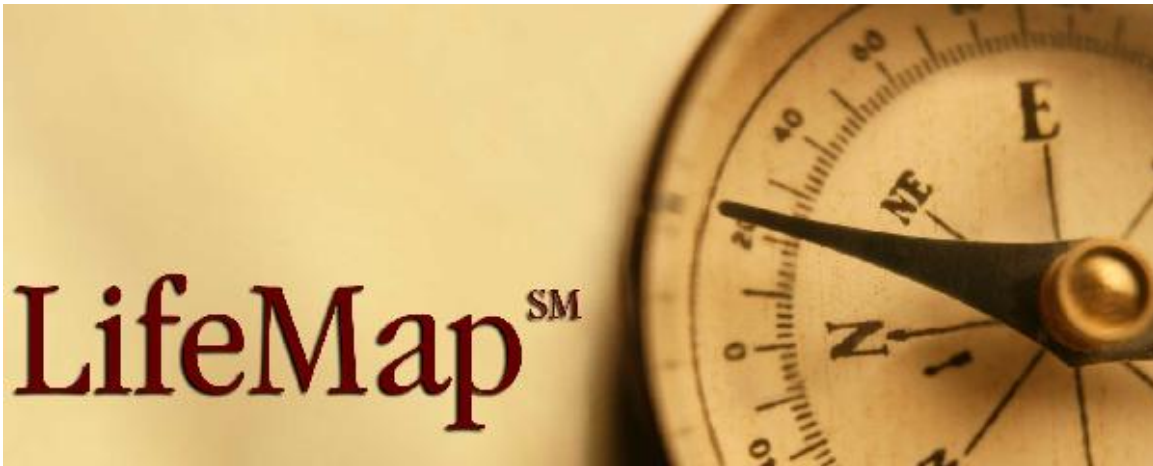


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LifeMap is a navigational tool to help you on your path towards personal and professional success.

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

January 2018

This Month's Message:

Let's Go Exploring!

Paths Forward:

CAREER BEST SELLER

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Let's Go Exploring!

The landscape was covered in a glowing mantle of new-fallen snow.

"The world looks brand new," Hobbes said.

"A New Year . . . a fresh clean start," said Calvin.

"It's like having a big, white sheet of paper to draw on," Hobbes said.

"A day full of possibilities, " Calvin said.

"It's a magical world, Hobbes, old buddy . . . let's go exploring."

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With those lines in December of 1995 Bill Watterson concluded his wildly popular syndicated cartoon characters, Calvin and Hobbes, by sending them off sledding off down a hill into an adventuresome future. For those readers who have forgotten (or who weren't even born) Calvin was a

have forgotten (or who weren't even born) Calvin was a typically mischievous and unusually imaginative and precocious six-year old boy and Hobbes was his stuffed tiger with whom he preferred to spend the majority of his time in pranks, fantastical play and philosophical debate.

Naming one's central characters after a 16th century theologian and a 17th century political philosopher was enough to initially grab my interest. But what eventually drew me in deeper was that Calvin had a problem with the enforced institutional conformity of elementary teaching methods, received poor grades unless the subject was of genuine interest to him, and had a precocious vocabulary that he used to convey his advanced sense of irony at the intellectual inconsistencies of his teachers, parents and the adult world in general. At play Calvin could turn a big cardboard box into a racecar, pirate ship or fighter jet just like I did though my co-pilot wasn't a stuffed tiger but my boxer *Happy*. Thus, it dawned on me that Watterson had created a cartoon version of me! And not of just a six-year old me but also adult me who, like Calvin, struggled (and still does) to balance self-centered ego needs with a drive to reach out and care for others.

Well, all good things come to an end, as did Calvin and Hobbes, but their goodbye message still rings true for me at the beginning of every new year. Like you, I bet, some years I've done okay with resolutions and other years- well, not so much. This year I'm suggesting a different approach. Instead of resolutions, let's go exploring! What is it that you'd like to discover this year?

Paths Forward:

Below are the ten domains that I explore with you each year through LifeMap. After each question ask yourself:

- * What does this mean to me?
- * What will I do about it?
- * In this area what is the opportunity to expand my personal support network?

Perhaps buddy up with a spouse, partner, friend or two and check in with each other periodically. Create your own LifeMap for the new year by challenging yourself (and each other) to explore each on your own terms. There is no wrong way to do this other than waiting to see how your life goes and hoping for the best.

Personal Life / Self Development.

What skill, attitude, or personal quality would I most like to develop?

Creating a Household.

What could I / we do to create a more harmonious and supportive home life for all involved?

Health and Wellness.

What are my needs and goals relative to my physical, emotional and spiritual life?

Work and Career Life.

Am I working to live or living to work? How might I use my job & career to integrate making a living with making the life I want?

A Sound Financial and Legal Foundation.

What remains for me to do to secure my/our financial and legal life?

An Engaged Social / Community Life.

What can I do to connect with my community in a meaningful and enjoyable way?

An Enjoyable Avocational Life.

What hobbies, travel, courses, sports, or other activities would fit my definition of recreation (aka re-creating myself)?

Retirement Planning / Retirement Living.

If you are pre-retirement, what progress have you made in building your retirement plan (beyond just the financial aspect) and what is still on your to-do list? If you have moved into retirement life, what elements need some tuning up to improve your satisfaction?

Life's Detours.

To adapt a line from a Robbie Burns' poem, "*The best-laid plans of mice and men often go awry*". An old Yiddish adage suggests, "*Man Plans, and God Laughs*". Irrespective of our plans and efforts life supplies to each of us (and to some more than they deserve) a share of pain and disappointment. Illness, loss and grief, money problems, setbacks at work, and a host of family issues are just a few. To successfully weather these kinds of predictable life storms you need a personal support network. Family and friends can be great resources although professional expertise is sometimes required. Building and maintaining that network is an ongoing task and the time to do that is before you need it. And you will.

Seeking Celebration.

As surely as the fact that life will throw you some curve balls is the fact that there are many opportunities to celebrate life. Birthdays, anniversaries, graduations, and seasonal celebrations are common. But there are also housewarmings as well as mortgage burnings, and any number of lesser and fun holidays such as Boxing Day, Bastille Day, Guy Fawkes Day, Groundhog Day, Valentine's Day, Halloween, St. Patty's Day, St. Swithin's Day (in fact, pick your favorite saint, every one has a feast day), Bloomsday, Summer Solstice, Sadie Hawkins Day or Leap Day (bachelors beware) major sporting (i.e. Super Bowl, Kentucky Derby, opening day at Fenway or your home ballpark) and I could go on and on. There's nothing but your lack of creativity and energy to stop you from inventing your own fun reason to celebrate like an ad hoc block party, inventing a fake holiday like Chipmunk Day as one friend did or christening a new BBQ grill. My point is that life is to be celebrated - not just endured. Make the most of opportunities to celebrate and create them if you have to.

(PS: I'll send a free book to the first reader who knows why I

always (hint) celebrate November 10th.)

LifeMap (sm) is about making space in your life to explore everything that is important to you.

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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LifeMap (sm) is about empowering you to bring the best ideas and practices to your workplace.

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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