

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 2013

This Month's Message:

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Plan to Fail or Fail to Plan?

Welcome to a new year of LifeMap, a monthly serving of realistic optimism, motivation and source of practical ideas to help you achieve a more successful, enjoyable and satisfying life. Long time LifeMap community members know I'm not big on New Year's resolutions. They tend to focus on one thing, be fairly vague (e.g. lose weight, read more, get a new job, etc), and not have any measureable indications of progress or incremental timelines.

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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

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knowing what you want is essential to achieving what you want.

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 we'll be touching on topics such as career advancement, being enjoyably engaged in our communities, helping our children develop, supporting our elders, raising our financial savvy, getting ready to enjoy a great retirement and many more. Some people are lucky enough to stumble upon success in these various areas but most do not. Hoping doesn't make anything happen; planning and taking action does.

The most helpful LifeSpace plan has a minimum of four elements: Work Life, Family Life, Social Life and Personal Life. Make four lists and simply ask yourself "how would I like to improve my life in this area?" A notebook is handy for this so that you can add ideas from your reading, discussions with family and friends and from your own brainstorming that occur over time. Next - prioritize them in order of importance and identify some concrete, incremental action items.

It's not realistic to tackle all of these issues at once. But if you review your plan weekly and take at least one concrete action you will find yourself making progress over time. One small step at a time will move you forward more effectively than trying to leap forward in huge jumps. It's important for you to define your goals, establish *your* priorities and to use *your own* definition of success. This is about your life and you've got to be the one designing it.

Below are a few brief questions to motivate you to get started on a LifeSpace plan that can help you make 2013 your best year yet.

Paths Forward

* **Work Life.** Am I happy at work? If not, how can I fix it? How can I grow in my current job? How can I prepare myself for my next (internal or external) move? Is it time to make a move? Where is my career going long term? What do I want out of my career?

* **Home Life.** Am I happy at home? Am I satisfied with the relationship with my spouse, partner, children, elders, or the intimate group of friends (that sometimes constitute a support "family" for some non-married folks) ? Is my home life a comfort or just another demanding job? Are household tasks / chores shared fairly 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 socially isolated? Do I feel part of my community? Am I willing to 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? Which ones? 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? How can I get it?

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

· **Need Career Coaching?**

The best investment you can make is in your career, your future and yourself.

email drpaul@drpaulpowers.com

· **Tired of boring meetings??**

Have Dr. Paul speak at your next off-site meeting or conference. Fast-moving, practical, motivating presentations from an acknowledged leader in the field of career and personal success.

<http://www.drpaulpowers.com/speakingschedule.html>

Resources

· Are you or someone you know job hunting or thinking about it?

The best, concise, all-round job changing guide available. Revised Edition [Winning Job Interviews](#) by Dr. Paul Powers.

In this easy-to-follow, step-by-step book, Dr. Paul Powers demystifies job interviewing, explains why the process actually favors the job hunter, and shows how you can dramatically improve your interview skills. Packed with solid, practical information and laced with both humor and "kick in the pants" motivation, *Winning Job Interviews* is the book you wished you had before your last interview... and is mandatory preparation for your next one!

· Stalled at work? Still struggling to find your true vocation?

Or know someone who is? Order your copy of [Love Your Job! Loving the Job You Have, Finding A Job You Love](#) by Dr. Paul.

<http://www.drpaulpowers.com/booksandarticles.html>

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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