

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."

August 12, 2008

This Week's Message:

**The Good News
About Bad News.**

Paths Forward

**Tired of boring
meetings??**

Resources

To subscribe a friend, colleague or family member to this free newsletter - email their address to drpaul@drpaulpowers.com with the subject line "send LifeMap"

The Good News About Bad News.

What would you need to really turn your life around - to allow, enable or perhaps even force yourself to create the life you say you've always wanted? Many people say money would do the trick and fantasize about winning the lottery, picking the daily numbers or being the multi-million dollar

Quick Links

[LifeMap Archive](#)

Join our list

Join our mailing list!

Join

Powerball winner. Actually my research indicates that only about 25 - 30% of lottery winners ultimately say that their lottery winnings improved their life. Oh well, so much for that fantasy (though my guess is that most of us assume that we'd be in that 25 - 30% because like the children of Lake Wobegon we all think we're "above average").

Over the decades of my career as a psychologist I've observed a phenomenon which I call "*The Good News of Bad News Paradox*". The GN/BN Paradox refers to the apparent contradiction of a positive outcome from bad news. Let me share some examples.

Once there was a young cadet at the U.S. Military Academy at West Point who, more than anything, wanted to be a career military officer. But, though he tried and tried again, he could not pass chemistry and, thus, was eventually dismissed from the academy. This humiliating and public failure was the kind of "bad news" which I have seen haunt a person's entire career. But, instead, he focused his energy and passion elsewhere, on art and painting, and became one of the most sought after artists of his generation. Just recently, in the U.S. National Gallery of Art in Washington, D.C. I saw some of his amazing work that lives on long after his death. Here in Boston's Museum of Fine Arts you can see one of his most famous paintings, *The Artist's Mother*, better known as *Whistler's Mother* because our failed military man and eventual painting genius was James Whistler.

Have you see the pictures over the last year or so of the people who have lost their homes to tornadoes or wild fires? Like you, I am always struck by the steadfastness and courage of the survivors as well as the rescue workers and fire fighters (who are always heading towards, not away from, the crisis). One such recent scene reminded me of the story of the 1914 fire that almost burned to the ground Thomas Edison's laboratory in New Jersey with the loss of about \$2,000,000. (in 1914 dollars!!) worth of equipment and the record of much of his life's work. The next morning, as he walked through the charred remains of his lifetime's work, hopes and dreams the 67-year-old inventor is reported to have said to his son, "There is great value in disaster. All our mistakes are burned up. Thank God, we can start anew."

During my career as a management psychologist and career expert I have seen instances too numerous to even count where a person bounces back from being fired and lands a

better paying and more enjoyable job. Famous examples of this include Bill Belichick (winning coach of multiple Super Bowls), Robert Redford (movie star), Michael Bloomberg (media mogul, NYC mayor) and Bernie Marcus (founder of Home Depot).

What would it take for you to really turn your life around and begin creating the life you say you've always wanted: a fire, a tornado, a hurricane, a career setback, a cancer diagnosis? Yes, we've all seen instances of "*The Good News of Bad News Paradox*" where people find the possibility of good buried in bad news; where others search for that window that opens when a door closes. But why wait for the shock of bad news to tap your inner resources of hope, optimism, adaptability and perseverance.

Using my LifeSpace Model to balance work life, home life, social life and individual life (Go to www.drpaulpowers.com, click LifeMap Archive, open 2/27/06 *LifeSpace Development: getting started*) let's take a look at the worst that can happen and why it's not necessary for that kind of kick in the head to get you moving forward.

Paths Forward

- **Work Life.** What's the worst that can happen? You could get laid off, fired, have your job outsourced, have a terrible boss or miserable co-workers or be underpaid or be in a job that is boring or bad for your physical or mental health. Does that cover it? Each of these topics has been addressed (some more than once and from different angles) in LifeMap. Go to www.drpaulpowers.com, click LifeMap Archive, find the appropriate edition, chose a Path Forward and take it. Don't wait for bad news.

- **Home Life.** What's the worst that can happen? You could lose your home to a natural or financial disaster, you could get separated or divorced, a family member could become sick or disabled or pass away, you suddenly could become a care-giver or feel stuck in the sandwich generation caring for both children and elders, finances could become a source of conflict, your children could start acting out. What else is there? Each of these topics has been addressed (some more than once and from different angles) in LifeMap. Go to www.drpaulpowers.com, click LifeMap Archive, find the appropriate edition, chose a Path Forward and take it. Don't wait for bad news.

- **Social Life.** What's the worst that can happen? Your

friends could move away, your contact network could dissolve, you could feel socially disconnected, you could have no one to have fun with, you could feel isolated in your community, you could have no one with whom to share holidays or celebrations or no one with whom to commiserate on bad days or have no outlet for your charitable or philanthropic drives. Does that cover it? Each of these topics has been addressed (some more than once and from different angles) in LifeMap. Go to www.drpaulpowers.com, click LifeMap Archive, find the appropriate edition, chose a Path Forward and take it. Don't wait for bad news.

• **Your Individual Life.** What's the worst that can happen? You could feel sad, depressed, lonely, unmotivated, drifting without career, financial or family goals, spiritually unsatisfied, stuck, be unsure of your goals or how to achieve the ones you have. Does that about cover it? Each of these topics has been addressed (some more than once and from different angles) in LifeMap. Go to www.drpaulpowers.com, click LifeMap Archive, find the appropriate edition, chose a Path Forward and take it. Don't wait for bad news.

LifeMap is about helping you create the most satisfying and abundant life possible. "*The Good News of Bad News Paradox*" exists but there is no need to wait for bad news to build on the reserves of optimism, adaptability, perseverance and courage that reside in each of us to move towards the life we want - today.

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

Someone you know job hunting or thinking about it?

To order the best, concise, all-round job changing guide available. "*Winning Job Interviews: Reduce Interview Anxiety, Outprepare the Other Candidates, Land the Job You Love*" by Dr. Paul Powers, click the link below.

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

Or know someone who is? To order your copy of "Love Your Job! Loving the Job You Have, Finding a Job You Love" by Dr Paul Powers, click the link below.

<http://www.drpaulpowers.com/booksarticles.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.

If you found this issue of LifeMap of value please forward it to 3 people who you think will enjoy it or you may send us their email address a for a free subscription.

To ensure that LifeMap is delivered to your inbox, please add drpaul@drpaulpowers.com to your address book or list of approved senders.

(Our privacy policy: we do not share or sell email addresses or any info with any other parties. Ever.)

Sincerely,

Dr. Paul

Email: **drpaul@drpaulpowers.com**

Phone: 781-237-0550

Web: **<http://www.drpaulpowers.com>**

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to linda@powersdesign.net by drpaul@drpaulpowers.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Dr. Paul Powers | 30 Ledyard Street | Wellesley Hills | MA | 02481