



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."

May 2012

This Month's Message:

Remembrance and Appreciation.

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Remembrance and Appreciation.

This edition of LifeMap is an updated version of one we ran a few years ago that generated a lot of positive response and was picked up by a number of national publications. Enjoy.

Before you receive your next LifeMap we here in the States will celebrate Memorial Day. The Memorial Day holiday originated after the U.S. Civil War as Decoration Day to decorate the graves of those who gave their lives in that struggle. It expanded in later years to honor those who died in all wars and has now evolved as a day to remember those who have gone before us whether in war or peace.

It is said that as long as someone is remembered they are not truly gone. Why not take this occasion to make today and this week your time to remember and appreciate. Who has gone before you and opened a path for you? Your parents, a sibling, a teacher, your grandparents, your immigrant forbearers, a scout leader, a member of the clergy, a coach, a counselor, a friend? But just to remember is not enough ; what gives remembrance its full value is taking stock of what

what gives remembrance its full value is taking stock of what you have been given combined with the willingness to express appreciation to those who did so.

Expressing this appreciation can take many forms. Maybe those on whose shoulders you stand are still with us. If so, a note, phone call or visit will allow you an opportunity to say "*thank you*" now, for which you will be increasingly grateful over the years. I fondly remember years ago when I was on leave from the Marines visiting with then-ailing Catherine McNamara, my fourth grade teacher (whom I thanked for not throttling me as I so richly deserved). Since this article was first published (and thanks to LifeMap reader from my hometown) I successfully located Marcella Malinowski (my fifth grade teacher) and was able to thank her for being the most creative, inspiring, and engaging teacher I *ever* had. Thankfully I've had the opportunity to thank my college and grad school profs and adult mentors if only through an occasional lunch or the dedications and acknowledgements contained in my books.

If the vagaries of time and life have removed someone from your side there is still an opportunity to express your appreciation. If, like many, you believe in the power of prayer this is an ideal way to say thank you - without worrying about getting the words just right. On the other hand, maybe starting a 'who should I thank' section of your journal will aid you to acknowledge and express your gratitude for those who have helped you on life's path. But, either by word, deed, thought or prayer, taking the time and energy to remember and appreciate will help you complete an important emotional process within yourself and will make you more conscious of the constructive role you can play in the lives of others.

Paths Forward

*** Thank a Vet.** Some years ago I stood by my great friend Silas Parlin at a checkout counter when the clerk noticed and mentioned his USS Arizona hat. Ever the stoic Mainer, Si just nodded. The clerk followed up and said "Thank you for your service. I appreciate it." With the deep but understated patriotism of so many veterans he grinned and said, "Any time". A hat, shirt, lapel pin or license plate, especially around Memorial Day, July 4th or Veteran's Day, will help you identify a vet. Regardless of your political preferences, thank someone who has gone to bat for all of us.

*** Pause at a Monument.** As we rush to and fro getting our errands and chores done we often pass by, without noticing, the many tributes to those who have gone before us. Whether you live in a small town or big city there are plaques, statues and memorials of all kinds. In your travels notice where they are and, from time to time, take a moment to stop and read the inscription and reflect on who or what is being honored and what that event or person might mean to you. A few of my Boston favorites: the magnificent Saint-Gaudens' memorial to the Mass. 54th Infantry (depicted in the movie "*Glory*") on the corner of Beacon and Park Streets, the statue of my hero Charles Sumner at Boylston and Arlington Streets (Sumner was caned-almost to death - on the US Senate floor for his abolitionist views), the Vendome Fire Memorial on Commonwealth Avenue (honoring 9 firefighters who died in a 1972 hotel fire) featuring a low wall upon which is laid a poignant, solitary bronze firefighter helmet and coat, and, at Washington and School Streets, the memorial to the victims

of the Irish Famine.

*** Make a List and Give Them Honor.** Who is responsible for you being where you are today? Your journal is a good place to capture these names. How can you thank them? If they are gone, how can you honor their memory? There are many ways to do this from contributing to a cause they believed in, to volunteering your time to their favorite charity, to planting a tree in their memory, or contributing a single book in their name to the local library. The size of the gesture or whether it is public or private doesn't matter. What matters is that you remember and give appreciation and thanks where they are due. It is more than a courtesy; you will find it reinforces one of those things that you like best about yourself - your character.

*** No Perfect Words / No Perfect Time.** If you wait for the perfect words to come to you or if you wait for the perfect time to arise to give someone their rightful appreciation you will be waiting a long time - and, eventually, it will be too late to do it face to face. If you are fortunate enough to have this opportunity - take it. Almost any time is the right time and almost any words will do the job. Actually, let me revise an earlier statement. There is a perfect time. It is right now.

LifeMap is about appreciating your life and prompting you to remember and appreciate those who have helped you to create it.

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<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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