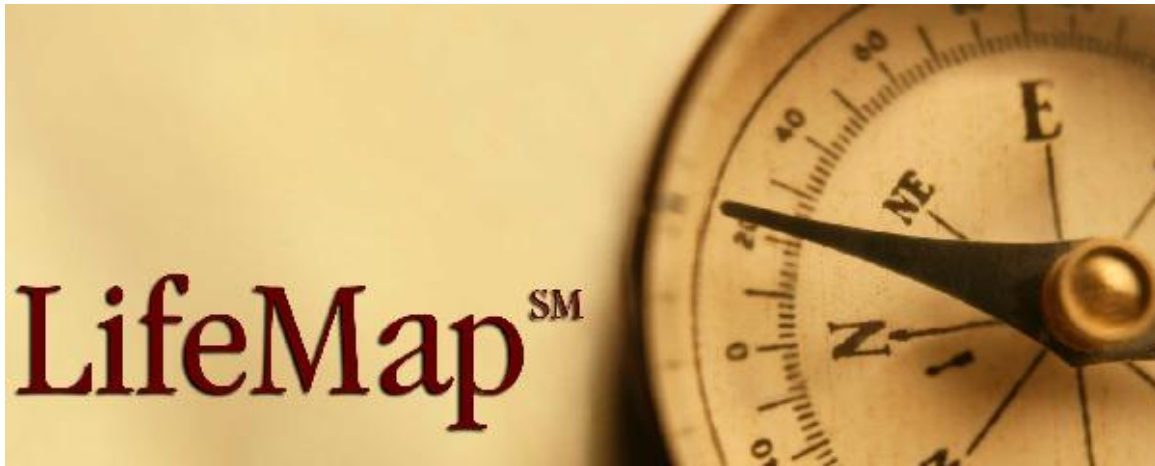


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LifeMap is a navigational tool to help you on your path towards personal and professional success.

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

January 2017

This Month's Message:

New Year's Resolutions: Mostly Pros, Two Cons.

Paths Forward:

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New Year's Resolutions: Mostly Pros, Two Cons.

I've waited a couple of weeks into the New Year to send this to you. Long time LifeMap community members know that New Year's resolutions are not my favorite thing. That's because I believe that we should not wait for (or procrastinate until) a certain date to tackle an improvement we've decided we want or need to make in our lives. Why not begin to make a change on any day the spirit moves you? Like today!

My LifeSpace plan is to make a quarterly assessment or tune-up in each important element of one's life: family life, work/ career life, social life and personal well-being (i.e. fiscal, mental, physical, emotional, spiritual, avocational issues). This systematic schema works for many but doesn't work for all

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A number of folks have emailed me and told me that they have used the New Year as a fun opportunity to pick just one thing they'd like to change and focus on it but often it gets dropped by the wayside. I once heard somebody say that New Year's resolutions are a bit like babies - fun to make but difficult to maintain over the long haul. But let's remember that progress in one area (even if just for a short time) improves self-esteem, which, in turn, makes further attempts more likely. So who the heck am I to quibble with something that gets a person started moving in a positive direction.

Paths Forward:

* Here's a list of people's 30 most common New Year's resolutions. You'll note that many are similar but not identical to each other and that they easily sort out into the four LifeSpace elements I noted above. Pick one. Pick two or three if they appeal to you.

Lose weight.
Eat healthier.
Get in better shape.
Exercise more.
Cut back on alcohol.
Stop smoking.
Read more.
Start a journal.
Meet new people.
Update my resume.
Get a new job.
Spend more time with my spouse, / partner.
Spend more time with my kids.
Stop bickering with my ex.
Improve my career.
Make more money.
Manage my finances better.
Reduce my credit card debt.
Reduce my stress level.
Travel more.
Be more courteous. Get more (or less) involved in social media.
Learn a new language.
Find a new hobby.
Volunteer to an organization I care about.
Curse less.
Get more sleep.
Spend more (or less) time with my friends.
Watch less TV.
Don't be late so much.

* One problem with the items on this list is that they are not specific enough. Using words like start, improve, reduce, manage, find, and learn do not help you sort out *how* to tackle the item, what *interim steps* might be useful, or setting a realistic *timeline*. It's more helpful to say "Lose 10 lbs by March 1 by (and specify the activity)" than "lose weight". Better to say "Do 1 fun thing a week with my kids (or whomever) than "spend more time with . . ."

* Two other things that are shown to really help with making a change is regularly documenting your progress in a log or journal and partnering with someone else who is also trying to make a change.

* Lastly - don't beat yourself up. You probably will backslide from time to time. If you made a resolution on January 1 you may have already fallen off the wagon. Hey, it's human nature. What matters is appreciating that you started in the first place, forgiving yourself for being human and, then, starting again. If you keep starting, you'll get there.

LifeMap (sm) is about helping you make the changes you decide that you want for yourself.

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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Sincerely,

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