

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.



To subscribe a friend, colleague or family member to this free newsletter - email their address to [drpaul@drpaulpowers.com](mailto:drpaul@drpaulpowers.com) with the subject line "Send LifeMap"

## Go On, Celebrate!

Among my favorite spots in the world are the U.S. Virgin Islands. Since the Europeans first arrived in 1493 the flags of Holland, France, England, Spain, the Knights of Malta, Denmark and now the U.S. have flown overhead. Residents there (except for the now-extinct, indigenous Arawaks with no immunity to European diseases) have learned to adapt by adopting various holidays from around the globe. They now have a total of 29 holidays a year. Whenever you visit you will find yourself on the verge of a celebration. And why not? Who better than a population that has survived pestilence, colonization, slavery, political turmoil, disastrous hurricanes, economic ups and downs to remind us that, yes, life is *sometimes* meant to be endured but it is *always* meant to be celebrated.

There are many reasons to celebrate. We are familiar with holidays highlighting national or ethnic identity such as the 4th of July, Bastille Day, Purim, St. Patrick's Day, Paczki Day (talk about delicious! ) or Holi (talk about fun!) There are those highlighting different religious traditions such as Passover, Yom Kippur, Xmas, Easter and Eid al-Fitr. And there are those noting common life milestones such as births, weddings, graduations, and major career achievements. Not all celebrations justify a party but rather a solemn remembrance such as Veteran's Day, 9-11, and Holocaust Remembrance Day all of which have special significance for me. I'm pleased to note that as sad as the passing of a loved one can be I'm observing more funerals being approached as celebrations of a life well-lived.

Celebrations marked on the calendar give us something out of the ordinary to look forward to. Planning for or anticipating a pleasurable event such as a trip or vacation that you've

...thinking of anticipating a preferable event such as a trip or vacation that you've worked hard for has been shown to sometimes make you happier than the actual event itself. Spontaneity is great but so is visualizing something enjoyable in your future. This positive anticipation helps us develop a more optimistic outlook towards life. This, in turn, help us combat the stress that creeps into our daily life. And fighting stress helps us feel healthier and increases our sense of well-being. And it doesn't require major national, spiritual, historical, or life-changing milestones. There are more little moments worth celebrating in our lives than major ones. What are they and how can you find them? See if the ideas below help you uncover more of those moments that will draw more appreciation, more joy, and more celebration into your life.

## Paths Forward

### •Get Quiet and Alone

Don't deny reality. If you are going to be alone for the holiday decide on your own how you want to spend it. If your family makes you stressed at the holiday decide how you will or will not interact with them. Think ahead to how you will answer any insensitive, impolitic or rude questions that may arise from your choices.

Life is both busy and noisy. Every once in a while take a few minutes to be by yourself and let the noise around you and in your head quiet down. It doesn't have to be a formal meditation; just merely taking a few deep breaths can help you to center yourself. Sometimes it feels like the outside world is pointing out your every little imperfection. Hold those thoughts at bay and use these self-centered moments to ask yourself a self-affirming question such as "what is going well" or, "what has gone well" or, "what recently has made me feel good or smile". These small moments of celebration are opportunities to remind us of our strengths, talents and skills.

### • Celebrate Every Victory.

Lose a couple of pounds, make a new friend, write that belated thank you note, make it another week without a cigarette, pay off a lingering debt, bite your tongue when hearing a snide comment, leave work on time or ahead of time as promised for a special event. These are all opportunities to pat yourself on the back. Victories don't have to be major milestones. Congratulating yourself for such everyday victories helps you build a self-fulfilling cycle of achievement as well as deepen your reserve of resilience.

### • Monitor Your Relief.

"Thank goodness that's done." "Finally that's out of the way." "I won't have to deal with that anymore." "I'm glad that's over with." It may have been completing a tough project, resolving a personal confrontation you had been dreading, or dropping an unrealistic self-expectation but any time you experience that deep sigh of relief it is a moment to celebrate.

### • Physically Mark The Moment.

Do something to note your mini-successes. Post an "Attaboy" or "Attagirl" note on your mirror or computer screen, play your favorite piece of celebratory music, buy yourself a small but special treat, light a candle, say a prayer of gratitude, share the success with a confidant. I keep a small bell on my desk that I ring when I feel I have gotten a tough sentence just right. (Bells and gongs have been for millennia to ward off evil or ask for protection, assist in prayer or meditation, celebrate and commemorate life events like weddings and funerals, mark time for villages or declare an end to war.)

### • Journal It.

Over the years many people have shared with me the utility and power of their gratitude journals. It is somehow both emotionally and intellectually reinforcing to see in print or in your own handwriting the things that you are doing well and those things (big and small) for which you are grateful. It may surprise you how many things take place in your life that make you

you are grateful. It may surprise you how many things take place in your life that make you smile, give you pleasure or even joy. I recently read that blank journals are among Amazon's best selling books so why not give it a try.

Suggested Resource:

**How to Stop Worrying and Start Living Paperback – December 27, 2011**

by Dale Carnegie (Author)

**LifeMap** (sm) is about understanding that the detours life life throws at us provide plenty of reasons to sometimes lose heart. A solid remedy for this is to recognize the many, often-overlooked opportunities to celebrate our lives and help us enjoy life's journey.

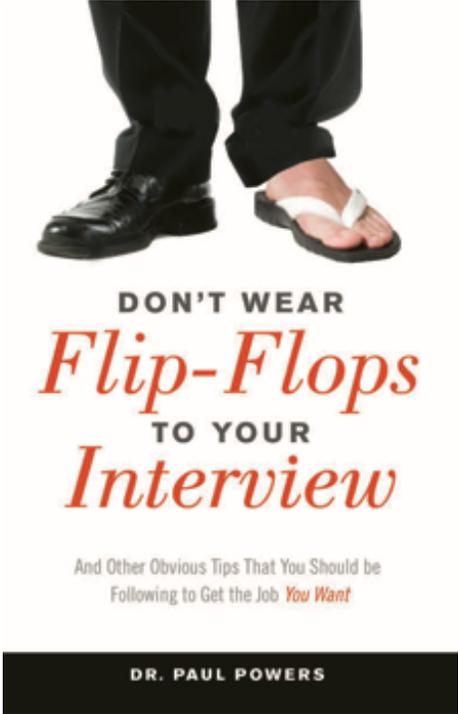
---

•••

## [LifeMap Archives](#)

---

•••



### 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 latest 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.

---

## 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.

[drpaulpowers.com/speakingschedule](http://drpaulpowers.com/speakingschedule)

---

## Need Career Coaching?

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

Email me at [drpaul@drpaulpowers.com](mailto:drpaul@drpaulpowers.com)

---

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.

If you found this issue of **LifeMap** of value please forward it to three 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](mailto: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

Dr. Paul Powers | [www.drpaulpowers.com](http://www.drpaulpowers.com)



Dr. Paul Powers | 218 Brandywine Circle, Englewood, FL 34223

[Unsubscribe {recipient's email}](#)

[Update Profile](#) | [About Constant Contact](#)

Sent by drpaul@drpaulpowers.com in collaboration with

**Constant Contact** 

Try email marketing for free today!