

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."

February 21, 2006

This Week's Message:

**LifeSpace Planning
and Development –
getting started.**

Paths Forward

Resources

**Have Dr. Paul speak
at your next meeting
or conference.**

Greetings!

LifeSpace Planning and Development – getting started.

Terms like career planning, vacation planning, college planning, financial planning, retirement planning are all familiar to us. In talks and seminars all around the country, on the radio and in my book *Love Your Job!* I have introduced the concept of LifeSpace Planning and Development. That is: taking a systematic and comprehensive approach to building a successful life – making space in your life, if you will, for those things that are important to you and to help you to address those

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issues which can help you live a more balanced, a more rewarding and a more enjoyable life.

From time to time we'll touch base to see how you're doing with your LifeSpace Plan but in this edition of LifeMap let's take a look at how one is constructed. There are four major elements to one's LifeSpace- each with its own components. A convenient way to think of these essential parts of a LifeSpace Plan is to think of the multiple balls you have to juggle in your busy, day to day life.

- **Work Life.**

It's easy to assess the demands from one's work life because they are immediate, concrete and most often come from an external source. What is sometimes not so obvious is that 'work life' is best managed when it is broken out into two components. They are: a. managing my current job and b. managing my career development. The era of expecting that today's satisfactory performance will secure your future career path is long gone. You need to be working simultaneously on meeting and exceeding the demands of your current job while preparing for, training for, networking for your next job move and your longer term career goals.

- **Home Life.**

This element of your livespace is the one that often takes a beating when the element of work life is over-emphasized. However, some people to feel so many demands from home that they actually seek refuge at work. As with work life, it helps to break 'home life' out into its two major components. They are: a. managing family relationships and b. managing household operations. Family relationships are more complex than ever with sometimes-conflicting needs of spouses, children, elders, ex-spouses, blended families, part- time custody arrangements and the intimate group of friends that sometimes constitute a support "family" for non-married people. Add to these demands the necessity of paying bills and financial issues, the hassle of getting all the household chores done, maintaining a car, laundry, dry-cleaning, getting humans and pets to their various doctors appointments and you see why "household operations" can feel like its own full time job.

- **Societal Life.**

While some of us are more outgoing than others, all humans

are social beings. Having a sense of connection with other people and developing one's active, social integration is a valuable, healthful and fulfilling investment of one's energy. There are almost limitless opportunities to share your talents with others, develop a wider range of contacts and acquaintances and build deep friendships. It has been shown that developing what I call the skill of engagement is good for your career, your family, your health and the degree to which you enjoy your retirement years.

- **Individual Life.**

We all deserve a piece of our life that is just for us. We often place our own needs last as we struggle to meet the needs of those around us. But if you don't take charge of your personal growth and development – who will? Do you have even 1 single hour a week for yourself? How's your health – in all its dimensions: physical, psychological, spiritual? Do you have a creative outlet? Do you make time to be alone, quiet, reflective? Is a sense of personal reward and satisfaction worth the investment of a little of your time and energy?

Paths Forward

We have briefly introduced the elements of LifeSpace; now it is time for you to start the planning and development process. In your journal answer the few questions I have set out below for each aspect of your lifestage.

- **Work Life.**

1. Am I succeeding or struggling in my current job? If I am struggling, can it be turned around, by doing what? 2. Does my current job make sense for where I want to end up? Do I know (or at least have a fair idea) of where I want my career to go?

- **Home Life.**

1. What family relationships need attention? 2. Is my household in control or out of control?

- **Societal Life.**

Do I really believe that there are genuine benefits to my career, my family, my mental and physical health, my social life, my future retirement by becoming more socially integrated?

- **Individual Life.**

Does the voice in the back of my head tell me that I need and deserve more time in my life for myself?

By tackling these few questions you will be setting a basic LifeSpace agenda for yourself and we will address each of these areas in future editions of LifeMap. A rewarding life – a life worth living – doesn't just happen by chance. LifeMap is about helping you focus your thinking and your energy to help make it happen.

dr. Paul

Resources

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.

Someone you know job hunting or thinking about it yourself?

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.

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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.

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

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Sincerely,

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