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LifeMap

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January 24, 2006

Greetings!

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.

Dr. Paul

Attracting Success – from the inside.

I'm sure you've noticed it. There are some people who you are always pleased to see. You see them walking down the hallway and they always have a smile or pleasant comment for you. If you're in the midst of a stressful situation or handling a demanding phone call and you happen to make eye contact with them you immediately feel a bit of relief. If you learn that you've been assigned to a committee or task team with them you begin to look forward to the meetings rather than thinking of ways to get out of them.

What is it about these people? Are they really as "up" as they seem or are they just faking it? They seem to get noticed without trying, they get along with almost everybody and success seems to be second nature to them. Some people call it charisma but charisma is really more about influencing groups of people. Some call it personality and though that is part of the equation, it lets many of us off the hook because we believe we're either born with or without it. After many years of interviewing people who have achieved personal and professional success I have found that these people,

somewhere along the line, have made an active decision to positively affect the people and environment around them. And to do so on a consistent, day to day basis.

Making a decision sounds like an easy thing to do. But making a decision to change and then making that change stick are two different things. Sometimes we have our personal history holding us back, or we have a certain reputation and current persona that we carry around with us, we all have a boatload of learned behaviors that we're comfortable with and we have a natural fear of trying out new attitudes and behaviors which may make us look foolish.

One tool that is helpful to overcome these kinds of obstacles is to have a clear picture in your mind's eye of how making a change like this can help you achieve the success you desire. In our next LifeMap we'll discuss some behavioral changes that will help you become the kind of person that attracts personal and professional success but for right now let's lay the essential, internal foundation upon which your future success can be built.

Paths Forward

• Role Models.

When you think of someone who has the kind of personal and / or professional success that you want - who comes to mind? If you can think of two, three or more people that's even better. Using your powers of observation determine what it is about them that attracts success. (Don't let yourself be distracted by the easy excuse of being born with good looks, into money or to a family with the right connections. Many with those attributes fail miserably.) What is it about them as a human being?

• Hit the Books.

Or the movies, TV, or magazines. Maybe real life role models are scarce in your life. If so, what public figures, writers, artists, athletes or characters from fiction have a quality that you've always admired or desired: e.g. Rosa Parks, Robert Frost, Arthur Ashe, Cokie Roberts, Cesar Chavez, Joan Didion, Jack Ryan.

• Do you deserve it?

Success, that is. Do you really deserve success or have you internalized negative messages from a punitive parent, an unskilled teacher, a hurtful partner or an insecure boss that the best you can hope for is a so-so job, a so-so relationship or a so-so life. If so, then you may suffer from fear of success - an insidious form of self-sabotage - which we'll tackle on it's

own in a future LifeMap.

● **Your thoughts are treasure.**

Write them down. Use a journal, a spiral-bound notebook, a private folder on your laptop- somewhere private, some place to which you have easy and almost immediate access, a place where you won't lose what may appear to be random thoughts as they occur to you. (By the way, there are no random thoughts; they all come from a central source within you. It's just that they may not surface in neat 10th grade paragraphs or like the bullet point items in a business plan.) Writing your thoughts down and looking at them on paper helps make them real. And your thoughts are real things.

LifeMap is about taking what you dream about, what you think about, what you want, and helping you to make them real in your life.

dr. Paul

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 here.

[Amazon: Winning Job Interviews](#)

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 here.

[Amazon: Love Your Job](#)

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

Fast-moving, practical, motivating presentations from an acknowledged leader in the field of career and personal success.

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