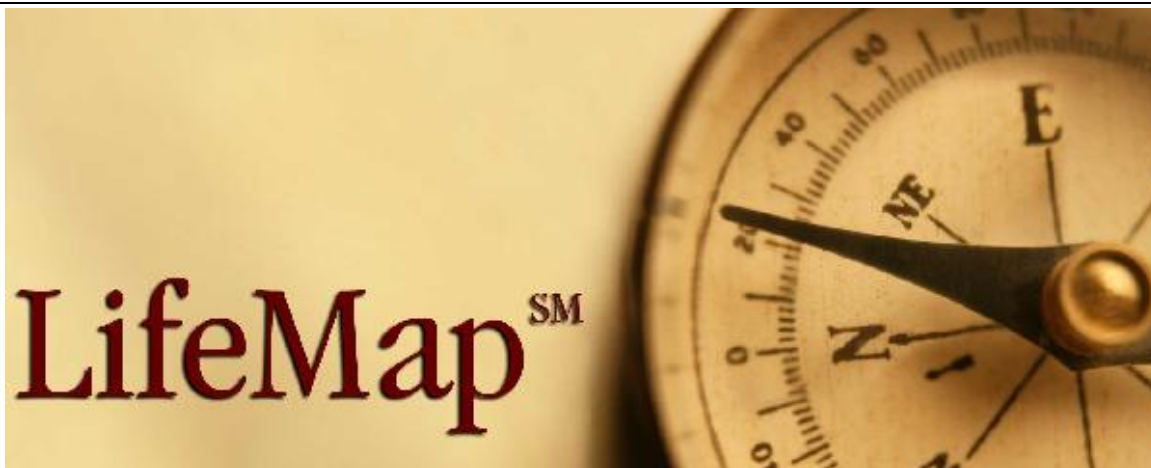


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LifeMap is a navigational tool to help you on your path towards personal and professional success.

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

December 2016

This Month's Message:

Simplify and Enjoy Your Holidays.

Paths Forward:

CAREER BEST SELLER

Tired of boring meetings??

Need Career Coaching?

To subscribe a friend, colleague or family member to this free newsletter - email their address to drpaul@drpaulpowers.com with the subject line "send LifeMap"

Simplify and Enjoy Your Holidays.

Many subscribers have written to me about how their stress level goes through the roof during the holiday season. What a pity that a season that is supposed to be about peace and reflection causes such pressure and anxiety.

Over the years loyal members of the LifeMap community have shared with me their solutions for combating what seems to be the growing trend of stressful and tiring holidays. This month we're sending LifeMap out a bit early so you can try out some of the following ideas that I've collected to help you chill out a bit so you can simplify, relax, and really enjoy your holidays. I'll keep them simple and brief.

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Paths Forward:

- * Many holidays come towards the end of the year, which is often a busy time at work. Try to keep work in perspective.
- * If giving a holiday party make it potluck so you can actually enjoy it instead of ending up exhausted. Remember to invite the person who always helps clean up. Do away with the stupid gift exchange games that most people dislike. (If you've got junk you want to get rid of drop it off at The Salvation Army or Goodwill; don't foist it on friends.)
- * Reexamine your gifting. There's no need to break the bank. Gifts from the heart are the most appreciated (i.e. homemade cards, cookies, ornaments, gift certificates for babysitting, car wash, pet care, or other services). If "store-bought" is essential explore craft outlets where local artisans struggling to make a living offer unique, one of a kind treasures.
- * If there's a holiday tradition that causes you more stress than enjoyment- DROP IT! Holidays aren't enjoyable if spent in a shopping, cooking, decorating, entertaining frenzy.
- * Write yourself a note containing one thing you really want to do for yourself during the holiday season. Post it on the fridge or mirror so you'll be reminded to go out and do it.
- * Do something specific to help you reinforce the meaning of your holiday. Read a story aloud, watch a favorite movie, sing, if you have Christmas, Hanukkah, Kwanzaa or any other holiday lights turn off all other lights for a few minutes every night, take a deep breath and enjoy the gift of perspective and the luxury of a few moments of peace.
- * Like you, I sometimes let the hectic holiday frenzy get to me. Last year I tried to improve by throwing away those strings of tangled Christmas lights. This year I'm posting a mantra on my computer and in the car. It says "Family, Friends, Faith, Fun". Use mine or come up with your own but say it aloud to yourself when you feel your stress rising and your focus dropping.

Enjoy your holidays!

LifeMap (sm) is about enjoying all the good things that life has to offer.

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



DON'T WEAR
Flip-Flops
TO YOUR
Interview

And Other Obvious Tips That You Should be

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??

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LifeMap (sm) is about empowering you to bring the best ideas and practices to your workplace.

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.

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Sincerely,

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