



Just-in-Time Career Tips

A weekly Newsletter by
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Happy New Year!!

The month of January for me is one of the most exciting times of the year! While I tend to set goals and be in a continuous improvement process throughout the entire year, at the beginning, I like to focus on the big goals and big changes that I want to make. I like to consider all the major areas of my life: spiritual, family/personal, physical, business/career, and community. So, if 2007 was the perfect year for you, what would it look like? Here's my example:

If spiritual fulfillment is important, what will you do to achieve it?

For me, it means re-committing to daily prayer and spiritual study. It means staying open to God's lead, and clearing my plans through Him first, rather than last. What will the results be? I will have an increase in joy, peace, and contentment.

If family and relationships are important, how will you be giving and receiving?

For me, it means putting my husband and son first more often than myself. It means staying connected to my siblings and close friends by calling, writing, and making plans to get together at least once a month. Finally, it means being committed to supporting my close friends/family through prayer and selfless devotion. What will the results be? I will have strong, intact relationships. I will share and receive open/honest communication. I will be a blessing to others.

If physical health is important, what will your body reflect about your state of health?

For me, it means committing to drinking more water, eating more fruits/vegetables, taking vitamins, and exercising. In 2007 I will find an exercise partner to keep me motivated to exercise three times per week. What will the results be? I will have increased energy and physical strength. My mind will be clearer. I will have an increased sense of well being.

If career is important, what do you want from your career in terms of position, income, and impact?

For me, career fulfillment is measured in terms of a flexible schedule, autonomy, and impact on others. In 2007, I am adding increased income to the top of the list. What will it feel like for *you* to have career fulfillment? What will your position and income allow you to do for others and for yourself?

Finally, if impacting community is important, how will you make yours better in 2007?

For me, it means continuing to develop a music ministry that ministers in churches, to community groups, and to individuals within our community and beyond.

Now, it's your turn. What steps can you take *TODAY* to begin 2007 as the "perfect" year?

Until next time...Here's to your career (and life) success!!

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