

## CareerTips

### **Celebrate, Reflect.... Move Forward!!**

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Happy New Year! We say Happy New Year over and over this time of year. Hard to believe it's already 2010 – a new decade. It seems Y2K was just yesterday.

How do we ensure we have a truly happy new year? How do we choose to make our dreams and wishes come true during 2010?

Last year was one of the most challenging, tumultuous years many have experienced – ever! We faced very tough economic conditions with unemployment at an all time high since the depression, the auto industry collapse, government stimulus programs, over 140 US bank failures, health care debate, and many more top issues.

There was also positive news in 2009, with the landmark announcement of Boeing moving to South Carolina creating 3,000 jobs over 5 years, Upstate housing sales rebounding, a record number of new business start-ups, and Wall Street clawing back as corporate profits begin to climb again.

Congratulations for making it through 2009! Hopefully you take time to celebrate.

### **LOOKING BACK..... REFLECT**

It's time to slow down and reflect on 2009 – on all our personal and professional successes and challenges. We move so fast through life, we seldom slow down long enough to assess what is working, what we have learned, and what we would like to change.

What are you most grateful for in 2009?

What was your top accomplishment or biggest success?



What was your biggest challenge, obstacle, or disappointment last year?

What were the lessons learned from your challenge or disappointment?

Was there anything left undone?

Were you surrounded by supportive, positive friends and family?

For those in career transition, ask specific questions about your approach and methods during your search. Are you spending enough time networking? What went well in your interviews? Are you being very specific and focused with your transition?

As you reflect and note the answers to these questions, you will start to formulate your plan for 2010. As Darius Rucker sings in "Learn to Live":

*"You gotta live and learn, you gotta crash and burn  
You gotta take some stances and take some chances  
You gotta laugh and love and take all life has to give  
You gotta live and learn so you can learn to live"*

Now for the tough part - develop your plan for 2010, set your goals, and be proactive about choosing to make this year a huge success.

## **LIFE THEME vs. RESOLUTIONS**

We hear many people in January declare their New Year's Resolutions; lose weight, spend more time with family, quit smoking, eat out less often, or start a start new exercise routine. We see large crowds at the YMCA in January but by February it has thinned out significantly. Resolutions are made and broken sometimes within one month. They tend to be the things we think we "should do" versus what WE truly want to accomplish in our lives.

Instead of resolutions, consider developing a life theme or mantra. Think of your theme or mantra as your mission statement for your personal and professional life. My friend and work/life balance coach, Lisa Martin, is a strong advocate for life themes. Lisa says, "Base your theme on what you find joyful and what you want to accomplish this year both personally and professionally. It is important that your theme resonates with you and brings a smile to your face when you say it. You must own it. It must propel you forward." She believes your theme serves as your filter for how you spend your time, money, and energy (Lisa Martin International). My annual theme has been a valuable guide for many years.

Your theme should be succinct (less than six words) and easily repeatable, similar to your introduction statement while in career transition. The statement or phrase should describe what you want to focus on and accomplish in 2010 in all areas of your life.

Some examples of mantras include: Be the Difference, Connection & Collaboration, Attitude of Gratitude, and Empower People (Guy Kawasaki's mantra, Apple Veteran and Entrepreneur).

Create your mantra, be passionate about it, and use it as your guide and filter for the year.

*"To accomplish great things, we must not only act, but also dream: not only plan, but also believe."* – Anatole France

## **LOOKING FORWARD....YOUR GOALS**

Once you have adopted your theme/mantra as your guide, identify and write down your 2010 goals. The suggested number is ten. Remember your goals must be specific, measurable, and time sensitive. Areas to address with your goals based on the Wheel of Life include: Business, Family, Relationship, Mental, Physical, Financial, Spiritual, and Lifestyle. (Adapted from a concept employed by Success Motivation International)

To assist with your goals and propel you forward, consider these questions:  
What would you like to accomplish this year in each area of your life?

What is your dream?

One year from now, what would you like to say was your biggest accomplishment?

What support system or mentor will challenge you to succeed?

What behaviors, beliefs, and actions do you need to change to make this happen?

How will you discipline yourself and allocate your time, money, and energy toward your goals?

What will you say you are most grateful for this time next year?

What are your plans to help others who cannot help you?

Remember, achieving your goals may require changing your behaviors and habits. Also, many of us make to-do lists to accomplish our goals each week or month. Consider the concept of "STOP doing" lists as well.

Post your written goals in visible places. Share your goals with your family and friends so they can support you and celebrate at each checkpoint. Most importantly, stay positive!

**Make it a truly happy year. Celebrate, Reflect, and MOVE FORWARD in 2010 to make the best and most of the new decade. Happy New Year!**

*"Unless you try to do something beyond what you have already mastered, you will never grow."*

*"What lies behind you and what lies in front of you, pales in comparison to what lies inside of you."*

*"This time, like all times, is a very good one, if we but know what to do with it."*

*Ralph Waldo Emerson*

### **Golden Career Strategies Upcoming Roundtables:**

<b>Date</b>	<b>Location</b>	<b>Event Information</b>
01/18/10	The Point	The Toxic Manager by Terry Hollon
01/25/10	The Point	First Impressions by Rush Wilson III.

Call 864-527-0425 or send an email to request an invitation to attend The Executive Roundtable.

\*All Executive Roundtables are held at our office on Monday mornings at 8:30 AM

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