



# EmpowerChangeNow Newsletter

Life Transformations, LLC. – *empowering change*

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Life Transformations was

founded in 2003 by Joanne Aaronson. Joanne's mission is to foster empowerment in the individual to achieve his/her ideal life including relationships, career, and financial situation. Or for the executive, to achieve Enlightened Leadership to empower their best organization possible. The [Empower Change Now Newsletter](#) was started in 2007 to support this mission by sharing information about the underlying paradigm shift necessary to empower change in the individual for unlimited possibilities.



Dear Readers,

**Spring is finally here and with it, a time to clean out closets, the cobwebs of your mind, and open to new possibilities. This month I invite you to consider your career situations—how to fix it or change it to model the ideal. As usual, I welcome your comments or experiences with this material.**

**Always in light, Joanne**

## Overhaul Your Current Job

It's almost May. Flowers are blooming, and a time of renewal is upon us. How about renewing that job of yours? It's a difficult economy and although you're not totally happy with it, perhaps you can re-vamp it. Here are some tips to give your current position an overhaul:

1. Evaluate what you are learning on the job. What key skills are you putting to good use? Ok, so it's not perfect, but at least you're getting some good experience to capture for your resume.
2. Write down your accomplishments during your current tenure. What have you saved in productivity? What significant improvements to process, customer/vendor/client work environments have you made? How have you contributed to business development (even if it's to suggest to someone to go after that task you know about down the hall)?
3. Update your resume. Spend some time capturing the essence of items #1-2 and fill in the gaps, details and other important skills, accomplishments and improvements that you're using on the job.
4. Now consider what skills you really enjoy using. Are you able to use these skills in this position? Here's the good part. Make two lists – the positive aspects and the negative – good experiences using these skills and negative ones. For example – you really enjoy being creative as a programmer, but this position stifles you. In your last position as a programmer, you were allowed more creative freedom. Now write that down under negative for this position, but capture it as a requirement for a future position.

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# Awaken Your Career Possibilities

In the previous article, I discussed how to revamp your current position. Perhaps there hope for a job that's not ringing your bell. If it's really not to your liking, and/or you know there's something better on the horizon, here's a game plan to awaken your career possibilities. The idea is to create a vision of your ideal position, based on what's worked and what's not worked in the past, add in what you'd really like to do, then begin using your vision. Remember you attract what you give out – by focusing on this new vision you are setting the stage for your new dream/but realistic career to materialize. It's worked for me and for many of my clients. Give it a try. Be sure to write me about your experiences.



Here are the steps:

1. What is it you like to do?
2. If you followed through taking a long hard look at your current position, you now know what you liked and what you don't like about your current position. Make two lists – often called a Ben Franklin – put the pluses in one column and the negatives in another. Now think back to your last two/three positions and do the same exercise.
3. Start finding the words that are similar for each position and capture them in a new list of pluses and negatives. These items become the things you like to do and what you know you don't want to do. For example – you like it when you're allowed to be creative and hate it when you have to totally follow someone's plan with no room for your own ideas. Or, you love to have the lead on a task and hate it when you're just a team member. Now you can add "want creativity" and "autonomy or leadership" on the plus side and "hate bureaucracy" or "just being a team member" on the other. Do this for all the major items on your list.
4. Now what have you always wanted to do but haven't gotten the chance yet? Put that down.
5. Describe the type of company you'd like to work for. Big, small, where diversity is important, where you can grow professionally, where you will have good benefits, where honesty/integrity are valued, or perhaps social consciousness is highlighted....
6. Describe the type of people and work environment. What's important to you here? Independent, autonomy, creative, professional, telecommuting, caring, etc.
7. Put all the elements together into one list and revise, shorten and include the key elements without worrying about using every word. Remember, it's the idea you're going for, not every letter.

## Remember:

- **What do you like to do?**
- **Group similar things together**
- **Create your vision of the ideal position**

Create a statement called an affirmation that captures the essence of your vision. Write it down on an index card and start repeating it multiple times daily until you know it by heart. It should be no longer than a few sentences. Then trust that your new career position is on the way. Begin today to start awakening your career possibilities! And if you need help, please contact me!

Watch the new U Tube video introducing my book!



## Events and Happenings

The next book signing for my inspirational memoir—  
***The Circle of Life—A Journey Through Grief to Understanding***  
is at Sacred Circle Books in Alexandria, VA.

Please see [www.josanpress.com](http://www.josanpress.com) for excerpts and other book-signing events.  
Contact me at [joanne@josanpress.com](mailto:joanne@josanpress.com) or 703-624-0130 for questions.

## Balance Your Life Corner



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**Want to know more?**

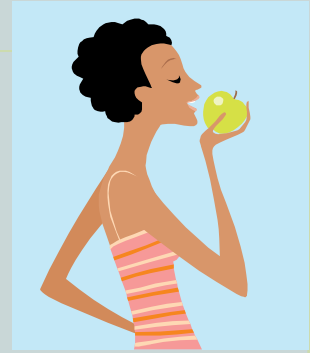
**We're on the web:**

**[www.empowerchangenow.com](http://www.empowerchangenow.com)**

### Healthy Snacks

We all know that we are what we eat. Our food is our fuel for our bodies and our brains. The more nutritious it is, the healthier we are, but did you realize just how much? I define healthy in that the ingredients read like real food rather than chemicals.

Even my 16-year old cats (112-year old humans!) responded quite favorably to a new natural cat food. Think about this before you reach for snack foods, even ones touted as "healthy" unless the ingredients are clearly food and not chemicals. Healthy eating will feed your brain, keep your head clear longer and allow you to be more productive.



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4. As regards #4, how can you take the negatives and turn them into positives?

Using the sample example of the stifled programmer, can you ask your manager to allow you to work on that new technology that just came out?

Or that new task that you see as more creative?

Take action on each of your negatives and transform them one by one for as many as you can. Before you know it, the job that you weren't happy in may just get a facelift.

5. And, in the end, you will be creating the list for the position of your dreams. The skills you really enjoy using will be on your vision list for the ideal position. But that's the next article.

