



# EmpowerChangeNow Newsletter

**Life Transformations, LLC.** – *empowering change*

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**Life Transformations** was

founded in 2002 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, building on the traditional energy of love associated with this month, I focus on the importance of caring for ourselves in order to be able to care for others, whether for our professional lives or on a more personal level. Especially during times of difficulty, we need to be reminded of the basics and where possible, to let go of any other extras that are impeding our way.**

**As usual, I welcome your comments or experiences with this material.**

**Always in light, Joanne  
Joanne Aaronson, PMP, Ct Reiki, Ct EIIS**

## Make Way for the New

It's the time of year to start thinking about cleaning out the old and making way for the new. What's the point and why should you do this? When you clean out closets, the garage and your desk at work, it's a way to symbolically clean out the clutter in your mind. Psychologically, cleaning out the cobwebs, both metaphorically and literally helps you be prepared for new things to enter your life. The new things could be new relationships, a new career path/new job, new way of thinking or creative thoughts about a current problem. Clearing out the clutter gives you room to move around. It provides you space to breathe.

Ever wonder why you start to work on a project and the next thing you know you find that you're cleaning out your desk, the cabinet near by or something else? Granted at that moment, it might be procrastination, but in general, it's a good thing to do to prepare you for efficient operation later.

While the weather is still cold, or when it's snowy and you feel like staying in, spend some time cleaning out your closets or attack that garage you're been meaning to work on. "I hate cleaning out the garage", you might say. Yes, that's a possibility. Then take my 15-minute rule into consideration. Just say to yourself, "I can do anything for 15 minutes. I will just do this activity for 15 minutes and then I will go on to something else." Even if that's all you do, the job will get started. Usually what happens is you get into it and time has a way of going by. The next thing you know, it's not so bad and there you are, cleaning away. Then there's a sense of accomplishment at having finished a nasty job.

So use these winter months to get some cleaning done around the office and around your home. Clean out the cobwebs of your mind and be more efficient, productive and have some fun while you're at it.

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# Are You a Holistic Project Manager?

First, let's define what it means for a project manager to be "holistic". In the traditional sense, holistic involves being natural. When I use the term, I mean someone who embodies the whole – mind, body and spirit of the discipline of project management. What are some of the qualities of a holistic project manager?

Based on the definition I just provided, you should examine if you are addressing the following aspects:

- ♦ **MIND:** Do you develop your project management abilities;
  - Look for new and creative way to apply your discipline and in working with those in your charge?
  - Try creative strategic view, work breakdown structure or requirement sessions and watch state holders have fun and get the job done with ease.
- ♦ **BODY:** Do you drink lots of water, exercise, eat healthy foods and maintain a balance in your life to stay fully available for your team and stakeholders?
  - Don't underestimate the power of eating right and drinking lots of water.
  - Make a resolution to consume less coffee/tea/sodas and more green tea and filtered water.
  - Do attend to your physical needs in order to improve your personal performance at work. Work hard, play hard is the old adage. It works. Take time for yourself and your productivity will soar.
- ♦ **SPIRIT:** Do you think about the impact of what you say, do and act on those with whom you work; care and show empathy;
  - Towards your own inner guide to help you do the right things at the right time and for the right reasons on a daily basis?
  - Apply the concepts of being an Enlightened Leader to empower yourself and your teams to succeed. With the right energy at play, anything is possible.

Before you can take charge of others or lead your project you must take care of yourself first. Projects must be nurtured and cared for in order to be successful.

Remember that the energy you send out comes back to you multiplied.

## SET YOUR IDEAL VISION

Are you repeating the same mistakes over and over?

Ready to re-evaluate your life or professional vision?

Check in with me regarding my winter promotion for

a 1/2 hour free introductory life coaching session. Call or write today

703-624-0130 or [joanne@empowerchangenow.com](mailto:joanne@empowerchangenow.com)



### Remember:

- **Take care of your**
- **Mind**
- **Body**
- **And Sprit!**



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We're on the web:

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## Balance Your Life Corner

### Ice Cream Bars

Remember the excitement of the ring of the ice cream man? Everyone loves ice cream! But, the regular version has tons of fat and calories. Why not try the lower calorie ice cream bars such as Skinny Cows? They taste great, are low in fat, and at only 100 calories are a very reasonable snack. I look forward to my evening treat just like a kid. After all, we all need a little fun in our snacks!



## Slow Down and Live in the Now

Are you going so fast that you're missing out on the good stuff that you pass by too quickly to notice? Granted, you may not want to go at a camel's pace, although they can get moving pretty fast when put to the test!

While on my trip to India, I had the opportunity to actually ride on a camel from an outpost into a village. It was an amazing experience. For about 20 minutes, I had to totally be immersed in being present: concentrating on the rocking motion back and forth to be in rhythm with another living being in order to stay on; watching my surroundings - noticing the desert air, the shrubs, and the other riders in front of me. My concentration became a riding meditation as I was totally living in the experience. From being scared to death to be so high up - have you ever realized how tall camels are? to being totally at ease with the whole thing! It was a transformational experience to say the least.

So what happened? I slowed down and got into it!

Next time you get going too fast at whatever you're doing, try slowing down.

- ◆ Stay present  
Live each moment  
Take in each experience
- ◆ As Eckert Tolle says, "live in the NOW".

There's a world of experiences out there for you if you do. A bonus is that you will be more creative, more productive and less stressed.

