



EmpowerChangeNow Newsletter

Life Transformations, LLC. – *empowering change*

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Life Transformations was

founded in 2001 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, even in the midst of a recession, we can still overcome our fears and attract what we need to find prosperity in our lives. Success is around the corner. Read this month's articles to find how some simple techniques can help you find more ways to empower change and reach your maximum potential.

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

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

Finding Prosperity in the Midst of Recession

Prosperity is defined differently depending on one's perspective, but is generally considered to be a condition of having "enough of what we need to be comfortable in all aspects of life." Therefore, if we have plenty of money but aren't well, we have questionable prosperity. When our thinking is limited, it also limits our prosperity and puts us in a scarcity framework. What we give out comes back to us. By helping others and giving "plenty" we are creating a space for "plenty" to come back to us in return.

What are some situations where we want help and therefore should be thinking about how we can be giving in order to get some help in return?

Are you happy with your job situation? Do you want others to network with you and provide contact names? Do you offer to share those that you come across to start the ball rolling? I got a great job once that way. One friend was a naval officer and in the finance field while I was a project manager. When he saw a position that was good for me, he passed it my way. I did the same for him. In this way, we received twice the leads and we both eventually found positions off these shared leads.

If you've been laid off, consider donating money to charity. Sounds weird to give money away when you might need it yourself? Not if you understand the Law of Abundance. Give it away to set the stage to get it coming back to you. When I was temporarily laid off from a government consulting position, the first thing I did was write checks to charity. Within weeks, not only was I getting money from unexpected sources, but I found an interim position. Within two months I was emailed a position that led to an offer. Open yourself up to giving and see what happens to your job offers.

Do you want more team cooperation? This is an easy one! You start first offering to help others and see how quickly your mates will want to work with you. It's never failed me. Motivation is rarely an issue when you keep other's interests at heart. In the end it will make your job easier and you'll succeed at your tasks making performance reviews a snap.

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Overcoming the Fear of Change

You've come to a crossroads in your career, project, organization, team, Life! You know that something has to change. But FEAR sets in. Maybe it's not so bad after all. Perhaps you can stand it for another year. Maybe the economy will be better. It's very easy to talk ourselves out of making changes. When I was selling telephone systems, I used to tell prospective buys that no one ever lost their job from staying with the Telephone Company (this was when there was one main company AT& T) rather than buying a system from another vendor. Of course, I knew there were lots of benefits to making this choice—more features and ultimately, saving money. But my customers had to make the change which required them to get over their fear of the change. They were used to the phone company and not familiar with my company. So what's at work?

1. Staying with what's familiar—it's necessary to get away from your comfort zone. At some point, everything that's not comfortable was once new. Take a chance.
2. Before making the break, do your homework. It all starts with you. Know what you really want in life. Do you have a clear vision of what you want and where you are going?
3. Is the change in line with your vision? Or is it a detour? Sometimes detours are ok if you're doing it for a good reason. Only you can decide if the reason is justified. But at least know why you're doing it and then later if it doesn't work out you can stand on your reasoning.
4. Everything fits together at some point. There are no loose ends. If we stand out far enough the whole picture is visible. Without that view, however, we have to make due with what we can see. Using our own inner guidance plus the data points available to us is the best way to make any decision.

Armed with our:

- ◆ life goals,
- ◆ clear understanding of life mission,
- ◆ where we want to head,
- ◆ best skills (some should be enjoyable for us!)

We can use our vision of where we want to go to match up with prospective positions to find the right match for us at any particular point in time. When we are armed with this key information we can overcome our fear and move forward with confidence. Try it, it works. Contact me if you need help with any of these steps.



Remember:

- Use your life goals
- Clear vision
- Best skills
- To find the right position



Ready for Change?

Are you repeating the same mistakes over and over? Ready to re-evaluate your life or professional vision?

Check in with me regarding a free introductory life coaching session.

Call or write today

703-624-0130 or joanne@empowerchangenow.com

Balance Your Life Corner



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Want to know more?

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Turkey Sausage



Have you tried turkey sausage? Trader Joe's has a spicy version that's a wonderful substitute for many of your favorite dishes calling for the higher fat variety.

Try it grilled, sautéed or micro waved. It's an easy dinner with spaghetti and sauce, wrapped in a tortilla or just plain with vegetables and a salad. It tastes great and is relatively low fat and calories.

Let me know how you like it.

Customer Service is Back in Vogue

I don't have to tell you about the state of the economy, yet there is some good news. People are coming back into balance. The never ending search for the next toy, creature comfort, electronic device or special treat is being replaced with more conservative items, if at all. In some cases, people are going back to basics. Is life just about the amassing of material goods or is it about how we interact with our family, friends and even our teams/co-workers. Can we make our personal and work lives more pleasant in more creative ways?

Customer service is back in vogue:

My neighborhood Home Depot has transformed into the most customer friendly store! From the moment I walk in there, someone is helping me find my desired item, interpreting the directions on a can of paint and explaining how to go about doing the improvement item I've selected in order to save on home maintenance. There's such a big difference that I almost turned around to see if I was actually in the store I drove to! And this is not an isolated example.

Companies are waking up to the need to treat customers with respect to get and keep their business. Customers are not throwaway items as they may have seemed in a more robust economy.

How can we expand this concept to our own organizations and be more respectful of our customers – whether they are internal team mates, or traditional external customers? When we have a pleasant experience, we want to return for more. We become loyal followers, repeat buyers, and easy sells. Why go it the hard way? Take care of your customers, team mates, and others around you so that they will take care of you. It's a lot easier this way.

