

# 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, this month I lay out the steps to creating anything important in your life, but specifically I use the example of your career. By understanding how to apply the Principle of Vision, the same principle used every day by project managers, leaders and CEOs, you can hold a vision and empower yourself for success. Need help? Check out my *Create Your Ideal Career Workshop*.**

**Also, I'm extending my offer to try out intuitive life coaching—with a free 1/2 hour introductory session. As usual, I welcome your comments or experiences with this material.**

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

## Be Clear on Your Vision

Regardless of whether you manage projects, teams or lead companies, you have to hold a vision before you can make anything happen. Let's say you are given a project to lead. First you have to be sure of the end point; that is, you must know where you are going. It's critical to be clear on the goals, otherwise, it's impossible to lead a team of people to glory. Anything that you want to do, you must first be clear in your mind or you will go no where fast. You've heard of the proverbial "which page are you singing from" or "what map is guiding the ship"? It's all the same idea. Someone has to provide the image or vision of where the end point is in order for there to be clear sailing. Many projects fail, or ideas never come to fruition because it wasn't thought out enough. That's why businesses should have written plans to guide the mission direction of the company. It's all to establish the strategic goals, as well as the drivers and key tactical events.

Have you ever had a manager that wasn't clear on their vision for the team? Wow, what a mess? Every day the team is swayed this way and that. Projects and activities are started and stopped as they match or don't match up with the goals of the bigger organization. It's not pleasant to work with such a person or to work in a group that operates this way.

Worse yet, do you operate your career this way? Do you know where you're going? Do you know what your real mission is? Do you know the actual lessons for you to learn from the patterns that keep repeating otherwise known as missed opportunities or mistakes? It takes a lot of planning to get it all straight. Sometimes it's helpful to do it with some feedback or in a guided fashion. Take a look at the last few jobs or positions that you've had. What patterns are revealed? Are you repeating the same things over and over? Is there one person that drives you nuts? Do you find that another person gets the credit while you get the work? Need help figuring out why this happens? Want to move on to your true potential? You can do a lot of soul searching or you can spend a day on a guided journey. Continue with the next article...

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## Step 1: Overcoming Negative Patterns to Achieve True Potential

We all make mistakes and hopefully, do our best to learn from them. Unfortunately, we have to recognize the root cause of the problem to really appreciate the situation.

After a project is completed, it's best practice for the team to spend some time taking a look at what went right and what didn't go so well. In a group setting, sometimes it's easier to see the problems, but perhaps more importantly, to see the root cause of the problem. I enjoy the Ishikawa Root Cause Analysis technique that is part of the project management body of knowledge; as a reminder to those unfamiliar, it is pictured as a fishbone since it represents each layer or "scale" of the problem - much like peeling the onion. The idea is that once the issues are clear, the team and project manager put safeguards in place to avoid the problem next time. What happens if the problem repeats anyway?

Let's shift the discussion to our careers. Do you have patterns that repeat in your work environment? Perhaps there is always one person that causes you problems so you leave only to go to the next position and a different person bothers you. Maybe the first time it was a woman and the next time it was a man but the pattern is that one person is always a thorn in your side at work. The pattern is to recognize that it's occurring and then to figure out what the "lesson" is. Just like in the above example with the project environment, the goal is to figure out the problem and not repeat it so that one can move on and be successful. If you keep repeating the behavior and allow the situation to occur, then the problem can keep you from moving forward in your career.

In my case, since this was my lesson, I found that I needed to be more assertive. The person was bothering me because I was allowing it to happen. When I finally stood up to "these people" and became more assertive, the problem was solved, the lesson was learned and I moved forward. This pattern didn't repeat. That's just how it works. After you assess your patterns, the next step is to figure out what you really want in your ideal career. See the next article for Step 2, understanding your career drivers.

Need help with overcoming your negative patterns, figuring out what the real drivers are for your ideal career? If so, then check out my upcoming workshop on November 13, ***Creating Your Ideal Career***. *It will be a day well worth spent. This is not about finding another job, but about focusing in on the best possible career position for you and learning how to open up the world of possibilities to allow it to happen.*



### Remember:

- **Step 1— Identify your negative patterns**
- **Understand the root cause**
- **Overcome the lesson/ issue at hand**

**Not working at your ideal job? Ready to re-evaluate?**

**check in with me regarding my upcoming workshop:**



***Creating Your Ideal Career***

**November 13, 2008**

**(\$275 pp. until Oct. 28! Price goes up to \$295 after.)**

**Location: Hidden Creek Country Club, Reston, VA**

**Fee includes: Workbook, Lunch, refreshments and completion certificate**

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

**([www.empowerchangenow.com/store.html](http://www.empowerchangenow.com/store.html)) for more info and to register.**



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## Balance Your Life Corner

This month I remind you of the benefits of taking a walk. Yes, a walk. Any walk, even for 10 minutes. Walking in nature is particularly grounding, lowers the heart rate and improves stress levels. In addition, if you've been a frequent reader, you know that it also helps you to slow down to get into your creative mind.

This is a great time of year since it's not too warm during the day or too cool in the evenings to take a walk. I was quite inspired by the glorious full moon as I went outside to take a walk on the night of Oct. 14! I came back inside just filled with ideas.

Try it. Take your problems for a walk or just walk to relax. Feel free to let me know of your experiences.

## Step 2: Understanding your Career Drivers

In the prior article, I presented Step 1 of creating your Ideal Career. Once you understand your negative patterns, you can then work to overcome them.

Step 2 towards your ideal career is to understand your drivers. What is it that motivates you right now? Granted nothing is perfect, but how about just being ideal for now? That would be great!

It's important to figure out the really important things. Think of creating a bottom up task list. A list of all the elements in your life is on the lower level. The next level up is elements of your career. The third level up from that includes the really important elements - the drivers that if you really had to choose, you'd say, ok this is what's important to me. Let's take the commute for example. Is being close to home and not having to commute more important than say the time that you have to be at work? Or is having a flexible schedule more important? Would you exchange money for benefits in some combination? How about your skills? Which are the most important for you to use? Since no employer will guarantee exactly how you will use your skills, it's best to really like the company in case you need to be flexible. Exactly what that means will vary with the situation. Is it important to you that the employer is "environmentally and/or socially responsible", that the management has integrity? This is another whole group of elements.

Group the elements into categories, just like the task groupings on a work break down for a project. At the top level, it's like the work packages. What are the names of the packages? Short Commute, Socially Responsible, Financially Secure, Creative Skills... you get the idea?

Need help overcoming your patterns, identifying your current drives, establishing your vision for the future and your action plan for your new career? **Check out my workshop on November 13 - Create Your Ideal Career**

