



Cathy Alfandre's E-Letter

Create greater joy and fulfillment in your working life.

July 2006

Greetings!

"I find it fascinating that most people plan their vacations with better care than they do their lives. Perhaps that is because escape is easier than change."

—Jim Rohn

Is Planning Fun?

I've just finished putting together a business plan for the second half of the year, and I've been encouraging friends and clients to do some planning as well. Whether you're building your own business, pursuing a career or job change, or seeking greater fulfillment in your current position, a written plan helps organize your thoughts and actions. The plan can be one month, six months, a year, three years... whatever timeframe suits you best.

By now, maybe you're thinking: "yeah, yeah, blah, blah, blah."

And if so, you're not alone. Because the problem with most efforts at planning is that they're not very inspiring. In fact, many people skip planning altogether because it just feels like another way of writing their to-do lists, or worse, reminding themselves of goals they didn't meet last year.

So what makes planning more meaningful, and even fun? In my view, it's all about "the movie." Before you jump to goals, tasks, and deadlines for getting stuff done, you **FIRST** need to project yourself into the future to create a real picture—a movie in your mind—of what your life is like now that you've achieved your goals. Some questions to consider as you see that movie include:

- What, specifically, is different in your work and life?
- How do you feel while you're watching the movie?
- What new things do you see in your life?
- Are you inspired and excited by who you're being—your "character" in the movie?
- What tangible and intangible results have you created?
- Who else is benefiting from your success?

Try to actually **SEE** yourself in the future and capture the images and feelings in words, as clearly and specifically as possible. Like a great filmmaker, be creative and open to fresh ideas. With this movie playing, the rest of the plan, with priority goals and action steps, is much easier—and more fun!—to write.

Hope you'll enjoy watching that good movie this summer!

All the best,

Cathy

New Values Assessment Tool

Earlier this year, I had the privilege to learn about—and become certified to facilitate—a values assessment called ValuesOnline(TM). Because greater career fulfillment can usually be found where one's talents, interests, and values intersect, I am delighted to have an excellent tool and process to help with this key component.

Developed in Sweden, and based on extensive values research, the comprehensive ValuesOnline(TM) assessment and "debrief" process will be especially valuable for those who seek:

- Greater meaning in work
- Greater balance between life and work
- A structured way to explore and more fully understand priority values

Please feel free to contact me anytime to learn more about ValuesOnline(TM)!

This bi-monthly e-letter is intended to offer ideas, tips, resources, and questions to ponder on careers, fulfilling work, and career-life decisions. I welcome your reactions and your suggestions for future topics.

To my new subscribers: Welcome! Please let me know if you would like to receive a copy of my previous e-letters.

To all readers: Please feel free to share this e-letter with anyone you think may find it helpful! (Rest assured, though, that I will not share YOUR email address with anyone!)

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