



## Cathy Alfandre's E-Letter

*Create greater joy and fulfillment in your working life.* September 2005

### **Greetings!**

"Everything, absolutely everything you've wanted lies within reach! Of course, you still have to reach."

--Mike Dooley

### ***Getting Started***

These early days of autumn and the return to school always inspire me to begin new projects and make productive changes in my life and work. This year, I am launching this bi-monthly e-letter to reach out with practical and thought-provoking ideas, tips, resources, and questions to ponder on careers, fulfilling work, and career-life decisions. Welcome to my inaugural issue!

What are *you* thinking about starting? A new hobby or project in your personal time? A fresh commitment to personal or professional growth? Research into a new job or career direction? No matter what the undertaking, there are some ways to make the process of starting something new a little easier. Here are five ideas to help you get going:

**Clarify why.** Why is this new project or undertaking important? What will be different about your life once you've started it? What, specifically, will you gain? How might others benefit from it? Write down your answers and add to them as your thoughts become clearer. Later, if your momentum wavers, you can come back to your own vision to motivate you.

**Make "space."** Busy lives often leave little room for new undertakings. It's important to identify solid blocks of time, and if necessary, quiet physical space that you can set aside. You may also need to limit your involvement in other activities for a while; saying "yes" to something new usually means that you need to say "no"—explicitly—to something else. What kind of time or space do you need to get started? To what (or to whom) can you say "no"?

**Line up support.** Most of us need practical and moral support whenever we start something new. The people in our support network encourage us to pursue our interests and dreams, help us find time and other resources, and pick us up when we stumble. Just like those who read drafts of my first e-letter (thank you!), your team can give you the input and feedback you really need. Who can provide you with the support you need to get started?

**Look within.** Especially for bigger undertakings, our own fears, concerns, and resistance can block the best of intentions. Perhaps you're not fully confident in your abilities. Perhaps you find it hard to ask for the help you need. Perhaps trying something new also means an ending or loss of some kind. Thoughts and feelings like these can become hurdles on your path. Writing them down can sometimes diminish their magnitude; your support network can also help you scale these

internal barriers. Acknowledging and addressing them is the only way forward. What might be getting in your way?

**Go public.** Tell everyone in your support network that you plan to get started by a specific date. They can help hold you to it and they may be able to give you the time and space you need to get going. A solid date on the calendar may just provide the little "oomph" you need. You can celebrate the milestone when you reach it too! What is a realistic timetable for you?

I hope these thoughts are helpful as you consider starting something new this fall! Meanwhile, many thanks for your support as I get this e-letter off the ground. I welcome your thoughts, feedback, and suggestions for future e-letter topics.

All my best until next time,

Cathy

### ***"Finding Fulfilling Work" Seminar: Upcoming Dates***

Want to make a career or job change but don't know exactly what to do next? Seeking meaningful work, more in line with your values and interests? Striving for greater balance between work and other aspects of your life? Attend this thought-provoking seminar to get a jumpstart!

In the first session, you'll begin to discover and define what you want, deal with the barriers that constrain you, and lay the foundation for change. In the second session, you'll focus on the specific steps you need to take to move forward, and you'll leave with a mini-action plan to help you keep the momentum going. Both sessions will be highly interactive, with discussion, exercises, and input from your fellow participants. Tell your friends!

**Fairfield, CT:** October 18 and 25, 2005, 7:00- 9:00 pm

**Trumbull, CT:** October 20 and 27, 2005, 7:00-9:00 pm

**Greenwich, CT:** November 15 and 22, 2005, 7:30-9:20 pm

Please visit the "Current Happenings" section of my website for more information.

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!)

[Read on...](#)

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