



Cathy Alfandre's E-Letter

Create greater joy and fulfillment in your working life.

July 2008

Greetings!

"How different our lives are when we really know what is deeply important to us, and, keeping that picture in mind, we manage ourselves each day to be and to do what really matters most."

--Stephen Covey

What Would I Say in My Last Lecture?

I read on the internet and in the *New York Times* about the death of Randy Pausch last week. For those of you who have not heard the story (as I had not): He was a Computer Science professor at Carnegie Mellon University who decided to fulfill one of CMU's challenges to its senior faculty members. The challenge is to deliver your "last lecture"-- what you would say to students if you knew it was your last chance. It turns out that, after Randy Pausch decided to give such a lecture, he found out that he had a deadly form of cancer. He delivered the lecture last September to a standing-room-only audience; with a journalist's help, he also wrote a book called The Last Lecture, which has been on the best-seller list for many weeks. He died just a few days ago at the age of 47.

If you'd like to see the lecture, you can join me and the more than 5 million other people who have viewed it on YouTube: http://www.youtube.com/watch?v=ji5_MqicxSo

The lecture inspires me in many ways. Perhaps most important for me are the questions it raises--questions that require much more than passing consideration, questions whose answers could really make a difference in my (and perhaps your) life and work, *starting right now*. Here are some of the things I'm pondering because of Randy Pausch:

- What childhood/life dreams have I achieved? Which not?
- What do I really want?
- Have I been letting brick walls stop me?
- Am I having fun and trying new things?
- How can I help other people achieve their dreams?
- Who are the special people who have guided and mentored me in this lifetime?
Have I expressed my gratitude to them?
- What will be my legacy for my children?

With thanks to the deeply thoughtful and earnest person who inspired me, I wish you all the best --

Cathy

For Summer Reading (or Re-Reading)

If you're thinking about picking up another book this summer, I'd like to suggest one that's been around nearly 20 years already: [The Seven Habits of Highly Effective People](#), by Stephen Covey. Even if you've already read it, so many of the messages within merit a second look, a second opportunity for attention and reflection. Each time I pick it up to remember a point he makes, I find myself getting caught up and reading dozens of pages. In my view, Covey shares timeless and deep wisdom that can have a remarkable impact on career, family, relationships, health, and more.

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.

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