

# Postcards from Professional Paradise



## Your Passport to Professional Paradise

### *Tour de Paradise*

According to dictionary.com, an athlete is "a person trained or gifted in exercises or contests involving physical agility, stamina, or strength." I've never thought of myself as an athlete. Lance Armstrong, Tiger Woods and Serena Williams...now they are all athletes. My two sons and husband are all athletes. They are gifted in lacrosse, wrestling, basketball and golf just to name a few of the sports at which they excel. I've always been the athletic supporter - cheering them on from the sidelines.

Well all that has changed! As many of you know, I'm training for my first sprint distance triathlon to be held later this month. On August 23, 2009, I will be involved in "a contest of physical agility, stamina and strength." I will officially be an athlete!



As I was riding my bike the other day (12 miles), it came to me that triathlons and Professional Paradise have more in common than you might think. In order to be in Professional Paradise, you must intentionally look at your beliefs and mindsets, then take action to create the desired outcomes. To train for this triathlon, I had to look at my beliefs about myself as an athlete, and as a healthy person in general. This was a major ViewpointSHIFT for me since less than one year ago I was getting chemotherapy. That little voice in my head would say, "Who do you think you are trying to put yourself through this much physical exertion when your body is still healing? Sometimes I have wondered "Can I really do this"?

What struggles are you healing from at work? What little voices are holding you back? Do you have more to do, get less pay, work with fewer coworkers? Everyone has struggles at work these days. Now more than ever it is the time to choose beliefs and mindsets that support your agility, stamina and strength at work. The "prize" at work is Professional Paradise.

In Professional Paradise, you are satisfied, energized and productive. Once I signed up to participate with *Team Fight* to raise money for the Ulman Cancer Fund for Young Adults (**please see the PS at the end for a link to support me in this effort**), the "productive" part of satisfied, energized and productive fell into place. I have support and guidance and a goal and the work has become easier. Who is on your team at work? Who has your back and offers you support and guidance? Make sure you have a team that helps you, but don't expect them to do all the work.

The last key to being in Professional Paradise is to *SHIFT* your POWs to WOWs (to download the *SHIFT* steps, click [here](#) and select **Free Paradise Tools**). Riding a bike on back country roads is full of POWs. Honking horns, cars driving too close, pot holes... you name it. I've changed the tires on my bike, gotten a tune up and learned how to use the rear view mirror to see who is approaching in traffic. Leaky goggles, water in my ears and erratic breathing all had to be *SHIFT*ed in the water. You get the idea. Harnessing your knee jerk reactions ("*I think I'll sleep in today*") and

getting out on the road to Professional Paradise is what it takes.

The real difference between tri-athletes and others is that the tri-athletes have simply decided to participate. We have decided to do the work for the "prize" of raising money and the pride of finishing the race. The same holds true for folks who are the **Chief Paradise Officer** of their job. They have decided to do the work for the "prize" of being in Professional Paradise. They aren't waiting for someone else to put in the effort. They create paradise for themselves - *no matter what is happening around them.*

Are you up for the swim/ride/run to Professional Paradise? Are your mindsets and beliefs creating the actions and outcomes you desire? Are you satisfied, energized and productive? If not, why not? Start today by *SHIFTing* your next POW to a WOW. Become the Chief Paradise Officer of your job and enjoy the prize! It will definitely be worth it!

Signing off from Professional Paradise-



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