

Postcards from Professional Paradise



Your Passport to Professional Paradise

It's All Relative

Here's what I've noticed lately...

When someone has a good job (producing results, getting paid, etc.) and they experience POWs like new policies or annoying coworkers or customers, they feel stress. They look for WOWs like a compliment from their boss or the satisfaction of completing an important task. You may overhear them complaining about things that just don't seem to matter to someone who...is out of work.

When someone is out of work and they experience POWs like shaky finances and worrying about their family, they feel stress. They look for WOWs like a return phone call from a prospective employer or a great networking meeting. You may overhear them complaining about things that just don't seem to matter to someone who... has been diagnosed with a serious illness.

When someone has been diagnosed with a serious illness and they experience POWs like being physically sick or worrying about if they will have a future, they feel stress. They look for WOWs like having the energy to walk to the mailbox or getting good news from their doctor. You may overhear them complaining about things that don't seem to matter to someone who...has just lost a loved one.

Are you starting to see the pattern here?

At the end of the day, it's all relative. We all feel POWs. We all want more WOWs. What POWs are you experiencing? Remember most of us have just as many internal POWs (those we create ourselves) as external ones.

People often ask me if I was afraid when I started my own business 8 years ago or how I was able to work during chemotherapy or compete in a triathlon. The simple answer is that I believed I could. I consciously created beliefs and mindsets around the possibility of each of these and followed up with actions to make things happen. I *SHIFT*ed my POWs to WOWs.

Here's the GREAT NEWS! You can do it too! We all can!

Next time you start to feel overwhelmed, fearful or aggravated, think about the belief or mindset that created the feeling and *SHIFT*. Stop and take a breath; Harness your harmful knee-jerk reactions; Identify and manage your negative emotions; Find new options and Take one positive action. Because at the end of the day...remember, it's definitely all relative.

Signing off from Professional Paradise-

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