

April 2009



Postcards from Professional Paradise

Your Passport to Professional Paradise

Create a World Full of WOWs!



Last month I wrote about the POWs we encounter at work. Hopefully, you're paying closer attention to the POWs you experience to stop those that are internal and to manage those that are external.

This month, I'm going to focus on WOWs. A WOW is any sensationally successful event, situation, interaction or experience that creates a positive outcome, result or emotion. Here are a couple of examples. An internal WOW is that feeling you get when you cross something off your "to-do" list with a mental "*Job well done*" to congratulate yourself. An external WOW might be when a client/coworker/boss recognizes the great work you've done. A sincere "Thank You" can make anyone's day a better one. Appreciation is a powerful WOW (whether it comes from someone else or within).

Lately, I find myself in an almost constant state of internal appreciation. Some of you might be thinking, "*Is she crazy? Doesn't she know the economy is in the tanker and things are going south fast?*" Actually, I'm in a perpetual state of appreciation that I'm healthy and doing all the "normal" things that people do (including work).

As many of you know, this time last year I was diagnosed with ovarian cancer. My days were filled with decisions about when to start chemotherapy, scheduling procedures and learning about all that I was going to experience. It was pretty much a "POW-Fest" with each day bringing some new bit of bad news. Of course I worked hard to *SHIFT* the POWs to WOWs and that was my salvation.

But this Spring, each day I wake up and think "*YIPPEE*", I really appreciate that I'm not getting chemo today! I appreciate the lack of doctor's appointments and poking and prodding. I appreciate riding my bike for 9.6 miles and feeling great afterwards.

So here's the million dollar question...

Do you have to experience something bad to appreciate all the good in your life? Do you have to suffer before you can see the paradise that's right before your eyes?

Of course, we all know the answer to that question is "NO!"

So here's another million dollar question. Are you ready to create WOWs everyday, *NO MATTER WHAT'S GOING ON AROUND YOU?* Because - and you know this intuitively - that's the only way to get to Professional Paradise (and stay there).

Just a quick reminder...Professional Paradise is not a place. It's a mindset followed by actions which lead to positive outcomes. Paradise is full of WOWs! So WOW yourself today. Appreciate something that you often take for granted - like lighter than normal traffic, a coworker you look forward to seeing, or a paycheck!

WOWs are there for the making and the taking. Don't wait for someone else to take you to Professional Paradise. Create that energized, satisfied and productive feeling yourself. You've got work to do, you've got people to help, and you've got a chance to create POWs or WOWs. You get to decide.

Start keeping track. Every time you notice a POW or WOW make a note of it. What's your ratio of POWs to WOWs?

How often do you get stuck dwelling on the POWs instead of creating WOWs? What's keeping you from busting out to experience all the WOWs that the world has to offer?

It's you. You get to decide if you want to stay in Professional Prison or Parole. You've officially been "set free".

Now go forth and WOW yourself and everyone else around you. Let them all wonder what you've been up to. Take everyone else to Professional Paradise with you. You'll appreciate every step of the process and create a world full of WOWs along the way!

Signing off from Professional Paradise-

A handwritten signature in cursive script that reads "Vicki".

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