

January 2009



## Postcards from Professional Paradise

Beginning this month, I've made the newsletter more "user friendly" and a quicker read by dividing it into sections. Here is an overview of what you can expect to see.

### **Your Passport to Professional Paradise:**

This section gives you specific ideas and tools to create and maintain Professional Paradise no matter what is happening around you. This section is for everyone who wants to be the CPO (Chief Paradise Officer) of their job! Want to watch this month's *Postcard from Professional Paradise* on YouTube? Just click [here](#), turn on your speakers, sit back and relax for the short video.

### **The Leader's Passport:**

This section is for managers and leaders who want tangible, easy to implement, proven tools and tips for creating a culture of Professional Paradise for their team or organization.

## Your Passport to Professional Paradise



Paradise. The word has existed in some form or fashion since the 12th century and has evolved through the Iranian, Greek, Latin and French languages. The earliest meaning referred to extraordinary walled gardens or royal hunting grounds. But check any modern English dictionary and you'll find the contemporary definition of paradise: a place known for favorable conditions, special opportunities and abundance; a state of supreme happiness, delight or bliss. What could be better than that?

So here's my question to you. Why can't you have paradise at work? Why can't you live the good life right where you are?

If you're like most people, you want to believe it's possible but you're skeptical. After all, work isn't necessarily supposed to be pleasant. They call it work for a reason, right? You wonder, "Is there really such a thing as Professional Paradise? Does it exist?" Absolutely! Your job can, in fact, involve "favorable conditions, special opportunities and abundance." You can experience "a state of supreme happiness, delight or bliss" every day at work.

When you're in Professional Paradise you genuinely enjoy each day. You are at ease - focused and energized. You work to your strengths, routinely perform at your peak and effortlessly produce results. Your interactions with coworkers and customers are positive and productive. If you have to work for a living, what could be better than that?

Perhaps you're thinking that Professional Paradise comes from working for a particular company or having a certain job. This is most definitely not true. **Professional Paradise is a state of being - a state of mind backed up with intentional action.** So often it's not what happens at work, but how we perceive it, think about it and act on it that has a lasting impact.

When I was in my twenties and worked as a sales trainer for a computer company, I loved traveling for my job. I was on the road two to three times each month for two or three days at a time. I had the opportunity to visit new cities, see the sights and visit out-of-town friends. And, of course, I got my work done. This was Professional Paradise for me.

Fast forward ten years and add a husband, two children and a dog. That same training job with all the traveling would have been the opposite of Professional Paradise - what I call Professional Prison. The job, the work, the

company...none of it changed. What changed was my perspective or mindset. Am I starting to convince you yet?

In a Time magazine cover story "The Science of Happiness," Richard Davidson (known as "the king of happiness research") says, "Happiness isn't just a vague, ineffable feeling; it's a physical state of the brain - one that you can induce deliberately." Since paradise is defined as supreme happiness, this research is good news! It means you don't have to depend on others for your happiness or your paradise. You can create it yourself - on a regular basis.

Ultimately, your perspective determines your satisfaction. According to a recent report by global consulting giant Blessing White, employee engagement - which I think of as Professional Paradise - is individualized. Why? Because **work is personal**. Our perspectives, as well as our likes and dislikes, are unique.

Here's my description of Professional Paradise:

**I see:** *People laughing, people who "get it"*

**I hear:** *Interesting dialogue and discussion about Professional Paradise*

**I think:** *"I'm so blessed to get to do this every day."*

**I say:** *"How can I be of service?"*

**I feel:** *Hope, joy, contentment, enthusiasm, and positive emotions*

**I experience:** *Learning, creating new ideas, connecting people together, serving others*

**I connect with:** *Like-minded people who sparkle and shine with enthusiasm, people who need a "shot in the arm" to get themselves back on track*

**My Professional Paradise:** *Helping other people escape from Professional Prison and find their way to their own Professional Paradise*

Now it's your turn to take a moment to really think about your Professional Paradise. Sit back, close your eyes, take a few deep breaths and use all of your senses to visualize a day in Professional Paradise. Remember, workplace Utopia is different for everyone. There's no right or wrong answer. Go with what feels "true" to you. Do you have it? Great! Now click [here](#) to print a **Paradise Vision Card** that you can fill in with your thoughts. (The act of writing gives value to the ideas and creates momentum.)

Perhaps you're thinking, "This sounds great, Vicki. But is it realistic? Can I really get to Professional Paradise?" Almost everyone can find Shangri-La at work through a *SHIFT* in viewpoint, thoughts and actions. (There are a few souls who are truly trapped in horrendous work environments where no amount of *SHIFTing* will help. For them, the path to paradise starts with the words "I quit.")

I'll say it again because it bears repeating - the Professional Paradise you seek is not dependent on your job, your boss, your customers or your coworkers. It is dependent on your inner world (your mindset, thoughts and viewpoint) more than your outer world. That might lead some people to think that getting to Professional Paradise is about positive thinking. That's a good start, but it's much more than that. You won't achieve less stress, more energy and remarkable results simply by changing the way you think. You have to take action to put your thoughts into practice. Your mindset drives your actions which in turn drive outcomes.

You can find Professional Paradise in most any work situation, **if** you're willing to open your mind and take some action. Are you ready? Get started today & create your **Vision of Professional Paradise.**

*Next month...Professional Prison and Parole revealed!*

Signing off from Professional Paradise-



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