



# Postcards from Professional Paradise

## Your Passport to Professional Paradise

### *In Sync With What You Think*

We're all familiar with the popular saying, "You are what you eat." This expression is often heard at the first of the year when many people are focused on resolutions about dieting and getting in shape. I'm here to suggest a variation on the theme. Instead of (or in addition to) thinking about the eating part of the sentence, I'm going to remind you of a similar adage, "You are what you think."

When I wrote my book, *SHIFT to Professional Paradise*, I quickly realized that the foundation for being the CPO - Chief Paradise Officer - of your job (or life) is the Paradise Performance Paradigm™ which says that your beliefs and mindsets (what you think) create your actions and outcomes. If you want to be in Professional Paradise - that state of mind where you are satisfied, energized and productive, then you need to carefully choose your beliefs, mindsets and thoughts.



**What's on your mind today?**

Whether you are willing to own up to it or not, the thoughts, beliefs and mindsets that you focus on create the outcomes you get day-in and day-out. For example, if you have a work belief that says, "Never trust the boss", then your thoughts and mindset will support this and when your boss says something you don't like, you'll say, "See, I told you he wasn't trustworthy" and your fear and worry will increase. This lack of trust is the lens through which you see your world and the results - increased stress - are proof.

**So what's a doubting Thomas to do?**

Choose beliefs, mindsets and thoughts that produce the outcomes you want. Everyday I wake up and say to myself, "This is going to be a great day. I'm going to come in contact with just the right people and help folks who need what I've got to give." My work belief, "I'm here to serve others", creates a giving mindset that leads to actions such as writing this newsletter or working on a keynote for a conference with my audience in mind.

Here's where it becomes interesting. I've noticed that if I start thinking, "I've got nothing to give" or focus on *selling* instead of *servng* then my mindset changes and the results do too - and not for the positive.

*What are you thinking and what results are you getting?*

"*I hate my commute*" = focus on aggravating drivers and sitting still

**Change to:**

"*This commute is a great way to learn* (fill in the topic) = energized by new information

"*I'll be lucky if I ever get to retire*" = lack, fear and worry

**Change to:**

"*At work, I enjoy* (fill in the blank with something you do that gives you purpose) = feel more present and productive

**Your Turn...** Pick a belief, mindset or thought that is producing negative results and reframe it. For the rest of the day (or week or month...) change your thinking and start paying attention to the actions and outcomes that occur. The great news here is that you are in control.

Stop waiting for someone else to create Professional Paradise for you and create it yourself, one thought at a time. Get in synch with what you think and become the CPO of your job today.

NOTE: If you want to read more, [click here](#) to download a *Belief Brief* filled with more information and ideas.

Signing off from Professional Paradise-

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