

This year, resolve to restyle

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If you can look back to January, 2008, and tell me nothing has changed, everything for you is exactly as it was this week last year, I will eye you with admiration, wondering who you are and how you escaped 2009. For the rest of us, this was a year of change in many colors. Some lost jobs, some lost homes, some lost faith. In response to the chaos of 2009, let's resolve this year to seek jurisdiction over change, rebuilding physically, professionally, politically, emotionally and spiritually.

Restyle Physically. Avoid the age-old resolution to diet, and make a promise to get yourself what you need physically: exercise, nutrition, meditation, sporting events, music, whatever keeps you in shape. Some people need to help others to feel well physically. Some people need sleep. Others thrive on conversation. Consider what you need from the inside out, and help yourself feel better this year.

Restyle Professionally. Working or not, you likely will have opportunities to rethink your career this year. Many companies are changing the ways they do business, from going greener to going leaner. Be intensely aware of your gifts, interests and talents, and go there professionally this year.

Restyle Politically. Get involved. You can easily drive the changes you seek in your workplace, school and community by simply showing up. Your phone calls and emails have a profound impact on those making decisions on your behalf.

Restyle Emotionally. Attitude. It is everything. Approach the world from a place of curiosity, humor, openness, and you may find the world opening up to you as well. Watch it, though. A good attitude can slip away in the face of adversity. Notice when your outlook turns sour and make the effort it takes to rethink and recover.

Restyle Spiritually. Consider that you might not be the uppermost being in this universe, and let some of your troubles rest on other shoulders. Explore your faith and listen to your instincts. You may change direction based on a gut feeling, and that's fine. Your gut sometimes knows what it's talking about.

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