

# New Leaf Resumes' Monthly Newsletter: Issue 24 Manage Your Career

(on New Year's Resolutions) "Will" Your Way to a Better 2011

## New Toll Free Number

New Leaf's customers hail from across North America - and so, we now offer a toll-free, North American phone number. Although you may leave a message at any time, the line is open during regular business hours, 9am to 5pm ET, Monday to Friday. 1-855-550-5627      1-855-550-5627

## Kind of New E-mail

This change isn't so new, but I still receive the occasional e-mail in my old account (stephaniec@newleafresumes.com), which isn't always accessible. Please replace that one with newleafresumes@gmail.com.

## Good Riddance

Replacing our annual calendar with a new one tends to turn our attention to overall change. This month's newsletter focuses on making changes.

The city of New York has a great tradition: a "good riddance garbage can" where citizens toss bits of paper on which they have scribbled some aspect from the last year to which they would prefer to bid a less than fond "adieu!" What a great idea. Jot down your nemesis from 2010 and burn it, trash it, or stomp on, but do get rid of it.

Now you are ready to turn your mind to improvements! On to making 2011 better.

**Resolutions** are made and broken in record time. In a spurt of accountability and fervor we resolve to lose 20 pounds, or find a way to communicate with our teen, to find a new path in life or read that growing pile of books by the bed. How many resolutions are made to welcome another new year, and broken, almost immediately, because we simply don't know how to follow through?

In my humble opinion, I think that most of us lack will power. "Will, is character in action," said William McDougall, a Canadian Father of Confederation. Rarely do we hear talk of will, or of character for that matter.

Both, character and will power, take a conscious nurturing to develop, and both will serve a person well in creating a life of purpose, a topic of its own! Rather than make resolutions, it might work out better in the end, if we were to "will" our way to change. Here are a few career-related mantras written to spur reflection that leads to change:

## On Career Changes, Growth, and Management

I will explore the career change that I have been dreaming of and finally determine whether it is realistic. To achieve this, I will refocus from what I "want" to what I need to get to that career goal. I will keep in mind that career change takes less wishing, and more planning, hard work and time.

I will take stock of my achievements and create a list of the projects, initiatives, results of my work during 2010. It's a perfect opportunity to update my resume, too.

I will remember that my life is mine to live. If I truly dislike something, I have every right to make a change. (These changes don't come at the expense of those I love: they want my happiness as well.)

## On Career Happiness

I will be true to myself and seek my own kind of happiness. (If you are unclear about what makes you happy, from a career perspective, ask yourself "What do I love doing? What am I good at? What do I value in life and work?")

I will be accountable for me and my life. I will actively choose whether my impact is good, indifferent or bad. Inventing my life is MY responsibility!

I will simply be me. I will let go of fretting over stature, titles, looks, money.

I will choose to be happy each day.

\*\*\*\*\*

And finally, dear friends, clients and subscribers, a New Year's blessing, taken from my Ukrainian heritage.

*Blessings on your house and all,  
Door and window, roof and wall;*

*Those who dwell or come here,  
Let them know*

*A three-fold blessing  
Wherever they go ...  
Sleep for weariness,  
Peace for sorrow,  
Faith in yesterday and  
Tomorrow.*

**Happy New Year!**

p.s. please put the toll-free number to good use and give me a call. I enjoy hearing from past clients. And do feel free to share this newsletter with others.