

DOWNLOAD PDF RELATIONSHIPS : THE KEY TO EXPANDING YOUR INFLUENCE AND FINDING FULFILLMENT IN EVERY-THING YOU DO

Chapter 1 : Fulfillment - Renew Relationship Counseling

10 Signs You Know What Matters. Values are what bring distinction to your life. You don't find them, you choose them. And when you do, you're on the path to fulfillment.

In order to highlight this principle, let me first walk you through the phases of fulfillment: Reciprocal fulfillment is the most rewarding type of fulfillment. Reciprocal fulfillment is when each partner is spontaneously and selflessly invested in the fulfillment of the other, with minimal concern for ensuring their own enjoyment as their partner consistently has that covered! In this state of reciprocal fulfillment, the focus of both partners is centered upon the experience of the other, and in this manner neither partner goes without. Reciprocal fulfillment is very common in the beginning stages of a relationship, wherein both partners are typically focused on winning the love of the other. However, if a couple is not careful, reciprocal fulfillment can easily be replaced with fulfillment complacency, drought, and even extinction. Let me demonstrate using the Renew Fulfillment Model. As just explained, the highest level of fulfillment a couple experiences is reciprocal fulfillment, wherein both partners are actively contributing to the fulfillment of the other. In this active phase of fulfillment, each partner is actively taking advantage of opportunities to deliver fulfilling experiences for the partner. Examples of active fulfillment practices include: The specific types of fulfillment practices that will mean the most is unique to your partner, and therefore best learned from your partner directly. Prioritizing these fulfillment practices so that you are actively providing them regularly contributes to a blissful relational experience. The second highest phase of fulfillment is passive fulfillment. Passive fulfillment is achieved when a couple is thoughtfully appreciating and considering their partner between times of active fulfillment. It is this thoughtful consideration of the partner that sparks fulfillment motivation and results in active fulfillment investments as often as opportunity permits. Healthy couples maintain a balance of active and passive fulfillment; wherein they actively invest in the fulfillment of their partner as often as opportunity allows, and are passively thoughtful and considerate of one another between fulfillment investments. When a couple begins to neglect a focus on fulfillment, they enter complacency phase. When complacent, relational fulfillment quickly begins to suffer. Couples rarely intend to be complacent, and are often surprised how easily they become complacent in their relationship. Active fulfillment investments begin to fade into good intentions that never deliver, and passive consideration of the other becomes consumed with the busyness of life. Couples describe their relationship as mundane when they have spent time in complacent phase, and the loving exchanges quickly become replaced by criticism and defensiveness; fostering the beginnings of relational disconnect and injury. When a couple finds themselves stuck in complacency, with criticism and defensiveness becoming commonplace, this is the time to seek professional help to renew the relationship! There is so much that can be done at this phase to help a couple prevent injuries, maintain connection, and heighten fulfillment. Early intervention is key, and the chances of success are much more promising at this phase! If a couple fails to recover their relationship from complacent phase, they will quickly enter into a fulfillment drought. Drought is exactly what it sounds like, a long absence from relational connection and fulfillment. This disengagement from fulfillment begins to replace the blissful enjoyment of the relationship with a feeling of contempt. Instead of a selfless focus on the experience of the other, each partner begins to become preoccupied with their own lack of fulfillment and unmet needs. Resources, like time, money, sleep, or access to hobbies and interests become a point of contention, with both partners focused on ensuring they secure a fair portion for themselves, and contempt with the other for perceived short-sightedness. Due to the lack of fulfillment within the relationship, the couple begins to secure for themselves alternative sources of fulfillment outside of the relationship. Common examples of fulfillment alternatives include: Disconnect increases, betrayal becomes increasingly likely, and relational injuries abound. It is extremely important that a couple not wait any longer, and renew their relationship immediately. An extended drought in the relationship leads to fulfillment extinction. The passion, interest, connection,

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motivation, longing, and friendship that once was seems like a distant memory. Stonewalling becomes prominent, which is a refusal of influence from one partner to the other. Fulfillment alternatives have often become secured, and the void in the relationship has become a deep chasm of hurt, loneliness, and resentment. The couple feels completely incompatible, and begins to wonder why they work to hold the relationship together. The relationship feels hopeless, taking the air out of motivation and commitment. Sadly, the most common phase in which a couple begins to consider couples counseling is when they have spent significant time in drought phase, and have begun dipping into extinction. In this state, while there is still hope for renewing the relationship, the love, loyalty, commitment, fortitude, and endurance required for this recovery work is often in short supply. Reviving the relationship takes a significant amount of time, and healing the injuries becomes a formidable task. The complexities of the relational damage also require a level of sophistication difficult to find among therapeutic professionals. The couple concludes that the simpler solution seems to be to cut losses, and start again in a new relationship. The problem with this thinking is that a couple will often carry the baggage of the failed relationship into their next, while allowing their ex-partner to shoulder a majority of the responsibility for the failed relationship. This limits the amount of personal growth achieved by each partner before attempting the next relationship, resulting in a high likelihood of repeated relational problems. Renew Relationship Counseling is a premier provider specializing in relationship-focused services. We are on a mission to elevate the standard for relationship services. Our goal is to heighten the love, joy, and fulfillment experienced by couples. We do this using proprietary methods known as the Renew System. Our approach is dynamic and innovative; deepening the therapeutic experience and creating impact beyond the average service.

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Chapter 2 : The Calling Journey

By finding your own unique blend of theories, you can then move on to greater self-understanding and ultimately, to knowledge of how you, as an individual, can achieve the greatest fulfillment.

Will Schneider Leave a comment Whether you are new to the world of eCommerce or already enjoying success, it will always pay to consider trends in business. One trend may surprise you. Customers want a noticeable measure of customer service if any issues occur, but they also expect well-packaged goods, clear and prompt communication about issues such as packages shipping or ID numbers, and so on. This leads to repeat business, and as that is the key to long-term success and growth, it pays for you to take note and consider the best options. As the title describes them, they are: Drop Shipping Fulfillment Companies Self-Fulfillment We are going to look at each in turn to find out what they are, their pros and cons and any other factors that might influence your decision. Your job, once a customer has made the order, is to get them whatever they purchased as quickly, affordably and safely as you can. You will have to consider things like inventory management, warehouse operations, order processing, picking and packing, shipping and communicating with the client. The problem you might already see is this: You did not go into eCommerce to run a warehouse and shipping firm. This is exactly why you will want to consider passing that on to experts who ARE in the business of running warehouses and shipping to the most professional standards. Drop Shipping Explained The use of drop shipping is not at all new. This is because you never actually have the merchandise in your possession. They will package the goods per your requirements and ship them to the buyer. Drop shippers can be manufacturers, but they are just as often specialized warehouses. In short, drop shipping is where you focus on your core competency of selling and marketing while outsourcing everything else to the drop shipping firm. The only exception is that you may be in charge of customer service. What are the pros of this model? You have almost no overhead, which means you can begin this sort of eCommerce model at once. The profit margin depends entirely on the prices you negotiate with the drop shipper or manufacturer. You are never at risk for investing in too much merchandise you then unload at a loss. It also offers you tremendous insight into your audience. Did they respond more to product A or product B? Maybe they wanted a little of both? With this data, you never had to invest in huge amounts of merchandise, but you could then with confidence do so and use an alternative approach to the post-purchase process; third party fulfillment, also known as fulfillment companies. Also, you will be at the control of the drop shipper in terms of fulfillment and shipping, relying upon their services for the critical last steps of the customers journey. Fulfillment Companies Explained In this approach, you do make that investment and buy the inventory before you offer it for sale on your various websites, marketplaces and landing pages, meaning that you can capitalize on lower costs per unit due to buying in bulk. Where the fulfillment companies enter the equation is that the warehouse and shipping center receives, stores and ships orders to your customers. In other words, they receive bulk lots of goods you sell through your online venues, and they then process all your orders and ship them to your clients. Though you might automatically assume that your profit margins are lower with this model, give it a few moments of reconsideration. You have no employment expenses, utility costs or materials costs such as investing in large quantities of packing materials. Instead, you have the cost of the goods and the fees from the fulfillment company used to determine your retail price and profit margin. Are there other pros and cons? Absolutely, just consider the amount of time that is saved by outsourcing every part of the process after making the sale. Instead of managing a warehouse and shipping operations yourself, you are going to look at expanding your audience, offering superior customer service and satisfaction, improving marketing, and exploring additional product lines. Self-Fulfillment Explained As you might realize, a business that uses the self-fulfillment model is one that owns the inventory and handles all the order fulfillment itself. It means you may be making your products or buying them , storing them and performing other warehouse operations. It means you will have a shipping department, and all the staff that these various tasks require. You may have

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to maintain separate offices and handle all the administrative work from there. This would mean relationships with shipping firms if you are not manufacturing your own goods and doing a tremendous amount of work to ensure the utmost quality and satisfaction. Yes, and it does give you immense control over everything from customer data to costs for supplies. Brands choosing self-fulfillment are often particular about the delivery experience. As we pointed out, this is a huge factor to buyers, but it does not mean that drop shippers or fulfillment centers cannot also supply that exact delivery experience, too. It does not nurture your company as an actual brand and the ease of entry into the market means your profit margins are going to be the lowest of all three approaches. The fulfillment centers themselves are experts at packing and shipping, guaranteeing less damage and lower shipping prices. Go with the proven leaders, even if they ask higher prices as your customer satisfaction counts on it, and as we learned at the beginning of the article “that is what matters most in the current climate. Self-fulfillment is the final path, and is great if you have the funds to make it work. You are in total control of product quality, customer service, optimized and prompt shipping, and even costs for materials. It is heavy in logistics and takes you away from your desire to focus on marketing, sales and company growth” unless you hire someone to tackle it for you. It is not always ideal for a startup because it does demand staff, space and specialized software and even servers. If you are looking to have total control and have the capital, you will find that self-fulfillment is ideal. Whatever path you choose, know that there are many services and resources available to you. From sites like Amazon that allow you to sell and fulfill your orders to online marketplaces like eBay, Etsy or even Walmart, you can leverage your presence. A website, social presence, blog and competent SEO are also part of any eCommerce success, and fulfillment can become one aspect of your favorable reputation and success. To get a full understanding of costs of using a fulfillment company versus in-house fulfillment, use our handy in-house versus outsourced fulfillment pricing calculator.

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Chapter 3 : Â» How the Mind Affects Your Happiness

In order for you to experience a fulfilling relationship, you must invest the time and energy to develop the relationship and to invest in your own personal development and self growth. You can't have one without the other. The investment in the relationship and the investment in your personal.

Autonomy is simply looking at life as though we are a world unto ourselves. As though we did it all by ourselves. But the reality is, we are connected. The opposite of autonomy is gratitude. Society does not see gratitude as a moral or a character issue, which it certainly is. Although it is has been scientifically proven to be a key to happiness, it is something much more profound than that. Most of our problemsâ€”especially relational issuesâ€”can be traced back to a lack of gratitude. In dealing with any of our problems, you will find that there is a lack of gratitude over something or someone. He considered gratitude to be a crucial source of social civility and stability. Like all character traits, gratitude is expressed in action. It is returning a favor, giving thanks, showing appreciation or simply giving someone your time and attention. When we are full of pride, angry, frustrated, depressed, defensive, stressed, irritated or anxious, we would do well take a time-out and uncover our ungratefulness. Gratitude is most often expressed by simply thanking others, but it is more than just giving thanks. It is a way of looking at life; a way of seeing other people. It is more than a strategy or a technique to influence others. It is a way of being. Real gratitude is unconditional. Gratitude endures through everything. It is not a fleeting response to our circumstances. It was not about individual episodes in her life, but rather it speaks to a perspective on life. An awareness of how much we owe to others throughout our life. I am not alone. It strengthens our relationships while moderating our behavior. The autonomous person rejects gratitude precisely because they must recognize and submit to others in this way. I can invalidate them. This kind of thinking is not based in reality. Eventually, it leads to self-destruction. It strips away our indifference. It puts us in touch with reality because it acknowledges our connectionsâ€”our networked existence. It is this gratitude effectâ€”the way it grounds us in realityâ€”that benefits us and those around us the most. Gratitude moderates and even inhibits toxic emotions but more than that, it gives birth to positive emotions. Gratitude gives birth to and nurtures patience, a sense of humor, curiosity, creativity, insight, kindness, respect, courage, generosity, empathy, and positivity to name a few. Gratitude creates the space for positive emotions to grow and flourish. Anger, irritation, defensiveness, worry, and impatience, are choices. Have you ever been in the middle of an angry rant when the phone rings? The point is, we can choose gratitude to drive these toxic emotions out of our lives. Negative emotions cannot coexist with gratitude. Gratitude has the power to pull teams together. We want to take our ball and go homeâ€”disengage. If we can develop a mindset of gratitude, that will not happen. We will stay engaged. We will work together. Gratitude has the power to slow us down and reflect and refocus our attention on what matters. Sometimes we have to step back to see our life in perspective; to be able to connect the dots. I like the way American writer Ursula Le Guin put it: How do we get to the point where gratitude defines who we are? Humility, of course, makes all of this work. Humility is the ability to silence the self. Humility is valuing other people; appreciating them. Humility allows us to be open to recognizing the good in all of our circumstances. Gratitude is humility in action. Not surprisingly, the mechanism behind gratitude is remembering. Developing a mindset of gratitude is about remembering. And remembering takes effort. Of course, we can find the differences; we can find the negative. We can dwell on it. But we can combat that by seeking out anything that is excellent or praiseworthyâ€”seeking out the good in any situation. Drawing upon positive memories gives us hope for the future. Unconditional gratitude heals and creates understanding and builds relationships. Gratitude acknowledges that we are connected. Allow unconditional gratitude to define you as a leader. Posted by Michael McKinney at

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Chapter 4 : How to Find Fulfillment When Your Company Doesn't Give a Sh*t

The good news is that when you start to improve your relationships at work, you can dramatically increase your happiness and fulfillment. Carly Stec (@CarlyStec), editor of HubSpot's marketing blog, wrote a great article where she shares thirteen ways you can do exactly that.

Demartini ISBN www. My purpose in providing them is to interest you, the reader, and hope that you will obtain and read the complete work. To properly understand the highlights, you need to read the book to put them in the proper context. According to Mohondas K. Our thoughtsâ€¦get deformed with dysfunctional thoughts, feelings, or beliefs. The Collapse Process transforms thoughts, beliefs, and feelings that were once deformed or dysfunctional into thoughts that are in perfect symmetry and order. As we transform our thoughts, we transform our feelings and transform our life. Introduction In the pages that follow, you will learn a formula for materializing your dreams, discover the secrets of opening your heart beyond anything you have imagined, find out how to increase your love and appreciation for every aspect of life, receive profound insights on how to create more fulfilling and caring relationships, reawaken your birthright as a true genius, transcend any fears and illusions surrounding the myth of death, and reconnect with your true mission and purpose for life on Earth. The Essence of Life â€¦the truth that every single one of us has greatness and immortal genius inside. Everyone wants to love and be loved, to appreciate and be appreciated, and everyone wants to live his or her dreams. My goal is for you to open your heart wider than you may have ever done before, to allow you to get clearer about your purpose in life, to help you become more inspired about this magnificent universe we get to work in, and to enable your human mind to awaken to its divine birthright. Those tears are an infallible clue that something meaningful and important for you is being revealed. So write them down. Gratitude is the Key: Gratitude is the key to growth and fulfillment To those who are grateful, more is given. Even the most terrible events always contain hidden blessings. The masters know this great truth and remain undisturbed by eventsâ€¦ Even greater wisdom recognizes that blessings can also trigger a crisis. That is one of the secrets of self-mastery. At any moment of your life, you will never be put down without being lifted up, nor lifted up without being put down. Positive and negative, good and bad, support and challenge, peace and warâ€¦all come together in pairs. They are simultaneous and perfectly balanced, and that is what makes up the divine order. Each of us lives in dualityâ€¦We have a part that lifts us up and another that puts us down. No one ever victimizes us; they just reflect us People treat you exactly the way you unconsciously treat yourself. True love emerges from a state of emotional balance. One of the purposes of having a partner is to maintain a loving equilibrium. If one partner is manic and up, the other partner helps bring them back down into balance. If one is down and depressed, the other will help lift them up. If one partner becomes cocky, the other brings them down. If one becomes deflated, the other helps them up. This balancing act maintains the divine order, or true love. The moment you realize this balance and observe the perfect equilibrium around you, you have become liberated. You know that the world is perfectly balanced, both within and without. Only then are you able to manage your own life and no longer be controlled by praise and blame. You begin to forge your own destiny and allow the enlightened part of you to direct your life, rather than let yourself be run by the part of you that hopes and fears. Love is made up of two sides: When you embrace the balance and the truth, love surrounds you. To a master, there is no such thing as attacks. When you open your heart to Divine Intelligence, miracles happen in your life. Miracles are nothing but natural laws put into action by beings who understand their application. When you deeply understand this great truth, you get to be surrounded by love every minute of your life. Remember everyone who helped you today. Going to sleep with a grateful, open heart is a powerful healing practice. Your dreams will become more inspiring and you will awaken in the morning with a lighter state of mind. Words of Wisdom and Power: Wisdom is the instantaneous recognition that crisis is a blessing. Lighten Up â€¦your true natureâ€¦is nothing but love and lightâ€¦ â€¦it opens up to you the minute you unlock it with the key of gratitude. Once you recognize and

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attune with your Divine Source by balancing your mind, you have access to an infinite energy. This chapter is about how to access that infinite energy—this chapter may be the most challenging as well as the most rewarding. In human consciousness, when two complementary emotions or those with equal but opposite charges are brought together and synthesized into perfect balance, the emotions annihilate each other and birth the feeling of love and light. All positive and negative particles in the universe are created simultaneously, in perfect one-to-one balance, but your senses misperceive local imbalances and can mislead you. Every time you splinter yourself into positive and negative emotions, you scatter your light, dissipate your energy potential, and disempower your true and centered being. When you bring your perceptions back into balance and become aware of how things truly are, you reverse the process. The past holds memory, is emotionally based, and is dominated by the emotion labeled guilt. The future holds imagination, is also emotionally based, and is dominated by the emotion labeled fear. The loving essence of your true spirit is spaceless and timeless presence. Anytime you experience a future or past emotion, you dissipate your potential energy into a kinetic motion. But in a state of presence and love, you regenerate your kinetic energy and birth a new quantum of creative potential. The purpose of this book is to help you take your imbalanced emotions and reintegrate them back into the enlightening potentiality of true love. Your idea of having a solid physical body is an illusion of your senses. Your body is made up of nothing but electromagnetically resonant waves. You are made up of pure vibrating light waves, which physicists call quanta. There are laws that govern those vibrations. When you apply those laws, you can understand what happens in life, and understanding is crucial to your illumination experience. The second you see more positives than negatives, you attract a situation where you see more negatives than positives to get them back in balance. That implies there must be no such thing as happiness without sadness, or sadness without happiness. It was hidden in their virtual reality. But if I took them through The Quantum Collapse Process and merged the two emotional phases together, both disappeared and grateful love and light were birthed. Right in the middle between positive and negative emotions, between like and dislike, is the core of human experience, and it is nothing other than love. Love is a full-quantum state—massless, chargeless, spaceless, and timeless, which by definition is spiritual and unconditional. Consciousness is light, and it comes in full-quantum states. God is full-quantum light. You have the capacity at any given moment to realize this pleasure-pain partnership and bring your mind into balance. Doing so will release the love and light that lie dormant within you. To the degree you tap in to that state, your dreams are in your hands. That is the unified field theory—When you can tap in to that source, whatever you dream is yours. When you feel worthy of having your dreams, they appear—Whatever you think about—and thank about—you bring about. You have the power to create what you imagine, in the direct proportion to how much love and gratitude you have in life, because your self-worth allows you to magnetize and attract those things into your life and make your visions real. When you know that you are loved no matter what, you have great power. Turning Lead into Gold: When you see both particle sides, pleasure and pain equally, the lightbulb turns on. We need that balance of support and challenge, of positive and negative feedback, to grow and evolve. The degree to which we appreciate both sides and embrace life is the degree to which we become enlightened. The Perfection of Two Sides: Maximal evolution occurs at the border between attraction and repulsion, pleasure and pain, order and chaos, like and dislike. Between the extremes lie the light, love, and true power to create the life you aspire to. All emotions are lies. The truth is love, but emotions are half-truths, distortions, and lies—We go through life merely living instead of embracing it all. Love is not an emotion; it transcends emotion. Emotions are blind because they see only one side. When you run your life by infatuations and resentments, you disempower yourself. That is divine will. When you see and honor this balance, your life is transformed; you are liberated. The Bars Are Ours: I appreciate my position in life. It knows the truth and waits patiently, while the mind slowly comes to an enlightening understanding. The rest of this book is devoted to waking your mind up to the perfection that already exists, so your heart can come forward and direct your life. You are truly worthy of love. When we love we step into the full quantum state, we align ourselves with the forces of life, and the power of the whole universe is suddenly behind us. When

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you know everything serves you, what can stop you?

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Chapter 5 : 5 Key Factors to Finding Job Satisfaction | The Chopra Center

Extrinsic job satisfaction has more to do with the work conditions such as salary, job security, and your relationships with coworkers and supervisors. A study conducted in Heidelberg, Germany, examined the effects that intrinsic and extrinsic components had on job satisfaction for dentists.

These tips will also be available on subsequent steps if you need a refresher along the way. Choose Your Lordship Commitment is the point in life where you put Jesus in charge of all your decisions and your future, as well as making him savior of your soul. For some, those two choices are synonymous. For others, especially those who grew up in the church or came to Christ at a young age, the decision to let Him have all of me and to submit all of my life that I know how to him is a separate moment. When did you Lordship Commitment occur? Natural Promotion and the Valley of Dependence Stages The opening stage of the timeline, Natural Promotion, consumes the first few years after your Lordship Commitment. Doors open, you move forward quickly in your calling, and you feel that the fulfillment of your dreams is only a short distance away remember, we are mapping how you felt at the time! For Joseph, these are his teen years as the favored son. The upward Natural Promotion stage is paired with first downward period, the Valley of Dependence. This valley is perceived at the time as a painful, downward season of personal failure or adversity that averages about two years long, where the call seems to get farther away instead of closer. Life does not turn out the way you expected, exposing the limits of your natural abilities and pushing you to deeper dependence on God. For Joseph, this valley begins when he is yanked out of his family and sold into slavery. The most common pattern is making a Lordship Commitment, then a several-year period of growth Natural Promotion , followed by a crash that leads into the Valley of Dependence. If that sounds like your life, choose the Standard Timeline. However, some people seem to descend into the Valley of Dependence first, make a Lordship commitment at the bottom, and then experience Natural Promotion. This pattern is most common for individuals who grew up in a Christian environment and then ran from God for a time as a teen or young adult. In this pattern, the natural promotion years are not immediately followed by a big valley. If that sounds like you, choose the Descent Before Lordship version of the timeline. Choose From the drop-downs below, choose which variation of the graph fits you best. Then select the entry on your transitions list where your descent into the Valley of Dependence begins. When did your Dependence Stage begin? Which graph best fits, the Standard or Descent? The Preparation Stage is a longer season where we develop the fundamental skills, experience and character needed for our call. It normally lasts six to fifteen years, where we grow in our ability to take responsibility and lead, while living in the tension of know we are called but also knowing we have not been fully released into that call yet. One or more of the following events mark your entry into it: The Valley of Dependence ends. If you are on the standard timeline, this period of difficulty comes to a close as you accept a role of greater dependence on God and you graduate from this time of inner formation. Life gets better again and your timeline changes back to an upward direction. A Season of Healing may begin. For those on the standard timeline, God often gives the gift of a period of refreshment where things go well after the difficult Valley of Dependence. A Preparation Role begins. You settle down for the long haul in the job or primary occupation God uses to develop the skills and experience needed for your future call. The focus tends to be on General Skills the larger competencies like managing your time and character-building which can be accomplished whether your role is within your area of calling or outside of it. If your story fits the Descent before Lordship pattern, the upward line of the Natural Promotion stage flows right into the upward Preparation stage, and the main dividing line between them is entering your Preparation Role. Choose Select the entry from your list that best fits the beginning of the Preparation Stage. When did your Preparation Stage begin? Inside versus Outside Preparation There are two different ways leaders experience the Preparation Stage, although it may not be obvious which you are in until the stage is over! Some go through Preparation in a primary role outside of their area of call. Maybe you are called to missions but your primary role in this

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stage is as a stay-at-home mom, or your call is to ministry but spent this stage in the marketplace. Leaders in this Outside Preparation pattern often experience the latter part of the stage as a flat, wilderness time. There are few signs you are advancing toward your call, and you wonder if your dreams will ever come like Joseph did in his last years in prison. However, others go through this stage in a primary role within their area of call. Samuel is a good biblical example: Choose Select Inside or Outside Preparation from the drop down below. Which best describes you, Inside or Outside Preparation? In this valley, God leverages our circumstances to help us deal with thorny issues that would derail our calling later in life. The most common growth agenda in this valley is personal wholeness: For those whose primary role is outside their area of calling, the major issue is often a crisis of belief. After years of waiting to see our destiny, we wonder if God has passed us by or if our dream will ever come. Do we keep believing for something we thought would happen years ago, or will we settle for less? For some, this valley is a traumatic event, while others pass through it on a fairly even keel and a few even seem to skip it. It is the valley we most often enter voluntarily, by asking for help instead of being forced to get it. Successfully navigating it launches us forward to a new level of impact and effectiveness in life. Choose Which event on your preliminary graph best fits the characteristics of the Valley of Wholeness? For most people, this valley occurs between nine and twenty years after your Lordship Commitment. Make your choice below. When did your Valley of Wholeness begin? The Releasing Stage The Valley of Wholeness is followed by the Releasing Stage, a second long period of growth in skills and experience somewhat similar to Preparation. In general, it is a satisfying period of expansion and productivity that can be hard to distinguish from the Fulfillment stage—until we reach that stage and really experience it! For leaders whose lives follow the Outside Preparation version of the timeline, the Releasing stage begins with a bang as God moves you into your area of call for the first time. This joyful Day of Releasing is a major transition that frequently includes a career change, geographical move or major promotion. Many times another leader recruits and sponsors you into this larger sphere of influence, as Barnabas did with Paul and Pharaoh did with Joseph. Choose Select the entry from your list that best fits the end of your Valley of Wholeness and the beginning of your Releasing stage. When did your Releasing Stage begin? Usually experienced 15 to 30 years into the calling journey and lasting an average of four years, it comes as a shock to many who feel life should be smooth sailing by now. Going through a major downturn in what we feel are our legacy-leaving years gets us asking fundamental identity questions. God is using these difficulties to save us from putting identity in our work or even our calling—sometimes by surgically removing us from our career! He creates in us a healthy detachment from call by bringing us to the place that if it never happens, he is enough for us. Armored against making our call into our idol, we are finally ready to fulfill it. During this crucible time, our focus shifts decisively from doing to being, and we shift from pursuing significance through our own ventures to finding success in the success of others we invest in. For Joseph, the return of his brothers triggered this valley. It forced him to grapple with opening up to his family again and rethink his identity. Instead of seeing himself as the son his family sold into slavery, who became successful on his own in a foreign land see Gen A major challenge of this stage is taking on the mantle of our calling identity: A significant hurdle is presenting yourself as who you really are—to be able to tell others without shame or self-consciousness who God made you to be. Just as Jesus proclaims "I am the way, the truth and the life" or Paul accepts the title of "Apostle to the Gentiles", we must put on the name God has given us. God often puts leaders in the position of having to believe all alone, in spite of all odds that they are who he says they are. The gift of this experience is the final assurance that God has called me, and he will come through for me. Choose Select the entry from your transitions list that best fits the beginning of your Valley of Identity. When did your Valley of Identity begin? In this season, the Jesus you were born to embody your being call is complete, and becomes fully channeled through a role or task your doing call that really fits you. Our greatest impact and ultimate legacy are created during these years. At the same time, we have an urgency to make the most of these years. A key task at the beginning of this stage is the development of a Convergent Role. Based on a lifetime of experience, we craft a role that fits our best strengths and allows the Christ-in-us to come through most effectively to those we are called to serve. The

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onset of this stage is often accompanied by another great big risk: God may call us to lay everything on the line for what he has called us to do and be. However, others downsize their roles and move from exerting influence through an organizational role to having their major impact through relationships. The focus may shift from leading to writing, mentoring, sponsoring and empowering other leaders. If you made it this farâ€”congratulations! Choose Select the beginning of your Fulfillment Stage from your list of transitions. When did your Fulfillment Stage begin?

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Chapter 6 : How to Bring Your Whole Self to Work

If you want a vibrant long-term relationshipâ€”one in which you feel close as a couple and creative as individualsâ€”you've have to do one big thing first. You've got to take your attention away from fixing the other person and put it on expressing your own creativity.

They are built to return profit to their shareholders or owners, not to make you feel good. Over the last decade, a fascinating trend has been occurring: More and more young professionals are leaving lucrative positions in search of jobs with more meaning and purpose. While companies are making shifts in their benefits programs and work structures, there is still a perceived notion that making your life fulfilling is up to the company. Lean Into Your Relationships One of the easiest and quickest ways to start bringing more fulfillment into your work is to lean into your relationships. Humans are meant to share experiences with one another, and building key relationships at work is crucial to being happier and more productive. Ken Blanchard, a management expert, talks about how tough building relationships is: There is a big problem with that. The good news is that when you start to improve your relationships at work, you can dramatically increase your happiness and fulfillment. One of my favorite ideas that she mentions is to create traditions with your coworkers or teammates. Focus on what you can control The second thing you can do to bring more fulfillment into your work is to focus on what you can and cannot control. The truth is, when we rely on a company or anyone else for that matter to bring us happiness or fulfillment, we will never find it. Yet when I bring on a new coaching client. So the first thing I will do, before anything else, is to ask: Are you truthfully doing everything you can to improve on what you can control? You see, there are several layers of things you can control and the better you understand each, the easier it will be for you to find that missing piece that you need to feel fulfilled. This is best illustrated by the Circle of Control. The Circle of Control has 3 different layers: What is outside of your control What you can influence What you can control For example: One of my favorite shows came out right as I started high school was Dirty Jobs, hosted by Mike Rowe. But he still made the best out of everything. These people showcased on Dirty Jobs had some of the shittiest jobs literally but were still able to find extreme happiness and fulfillment in them. And the key to doing that lay in understanding what was in their power to change. You can use this to check on yourself and see if you are really focusing on what you can control. Attitude Am I being positive? Am I looking for the negative in everything? Personal Growth Am I getting better at my role? Am I challenging myself? Am I in control and regulating my emotions? A great resource for building higher levels of emotional awareness is the book Emotional Intelligence 2. This step has to be your last resort, though. Too often, people get so easily frustrated with their employer that they blindly jump ship to another company where things could be just as bad, if not worse. But the only constant from one job to another is you, and this means that you have to work on yourself first. This is about digging deep into what you truly want and building a career around what really makes you come alive. When I was in a place where I felt completely lost in my career, I had no idea how to turn it all around. And all of that without the stress, overwhelm, and frustration that usually goes along with it. And without the right guidance or a roadmap of some sort that you can follow, it can get even harder. This is precisely why I created the Success Toolkit: In this completely free toolkit, you will discover: Even if you work in the most forward-thinking startup in the world, it will still take effort to find and build your happiness. The famous motivational speaker, Les Brown , sums this up perfectly in one of my favorite quotes: Life is easy for those who do what is hard. If you just sit back and let life happen to you, it will inevitably be much harder for you. Take action and fundamentally change your approach to work starting right now. Only then will you begin to change your results and find that fulfillment you are searching for. Take charge of your career by grabbing a copy of my Ultimate Guide to Landing Your Dream Job in 90 Days or less and get started building a career you actually love. Career Fulfillment Disclosure of Material Connection: Regardless, I only recommend products or services I use personally and believe will add value to my readers.

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Chapter 7 : Why Childfree Couples Have It All | HuffPost

By my senior year, I had achieved everything that people were telling me would bring me fulfillment. I was in a fraternity and other campus organizations, had lots of fun partying, made decent grades, and spent time with attractive girls.

Getty Images With over 25 years experience of driving complex change programs, one of the key things I learned was the power of empathy. All of which are true. But when you master empathy it allows you to put yourself in the shoes of those who either need to implement the change or who are impacted by the change. This allows you to approach it from their perspective, rather than issuing top-down commands that end up achieving nothing. You have to get people to buy-in to change, you have to communicate it in a way that sells the benefits to them, and without an understanding of their position and feelings, which comes from empathy, this can be very difficult. I know that the more I developed my empathy, the better the leader I became and the easier it was to drive complex and difficult change. This was I was able to overcome resistance because I could see where it was coming from, what was causing it and I was able to allay the fears, many of which were just misunderstandings. Here are 25 quotes on empathy to help increase your understanding and the power that empathy can bring to you. I think we all have empathy. We may not have enough courage to display it. Not only is empathy hard to outsource and automate, but it makes the world a better place. They prefer conversation to construction. They will usually choose nurturance and empathy over competition and climbing. They will normally choose connection over simple performance games. In other words, to learn from the child, we must have empathy, and empathy grows as we learn. Alice Miller Change begins with understanding and understanding begins by identifying oneself with another person: The arts enable us to put ourselves in the minds, eyes, ears and hearts of other human beings. These skills have become first among equals in a whole range of business fields. Kelley Empathy is the starting point for creating a community and taking action. Jun 12, More from Inc.

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Chapter 8 : True Meaning of Life - 3 Perspectives that Lead to Real Life

Being real in the virtual world will expand your influence, connecting you more quickly to those who need what you have to offer. Follow me on Twitter and check out my latest book, Ditch. Dare.

However, the benefits of volunteering are enormous to you, your family, and your community. The right match can help you to reduce stress, find friends, reach out to the community, learn new skills, and even advance your career. Volunteering offers vital help to people in need, worthwhile causes, and the community, but the benefits can be even greater for you, the volunteer. Volunteering and helping others can help you reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. Giving in even simple ways can help others those in need and improve your health and happiness. The happiness effect Helping others kindles happiness, as many studies have demonstrated. When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults, they found the more people volunteered, the happier they were, according to a study in Social Science and Medicine. Volunteering connects you to others One of the better-known benefits of volunteering is the impact on the community. Volunteering allows you to connect to your community and make it a better place. Even helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills. Volunteering is a great way to meet new people, especially if you are new to an area. It strengthens your ties to the community and broadens your support network, exposing you to people with common interests, neighborhood resources, and fun and fulfilling activities. Increase your social and relationship skills While some people are naturally outgoing, others are shy and have a hard time meeting new people. Volunteering gives you the opportunity to practice and develop your social skills, since you are meeting regularly with a group of people with common interests. Volunteering as a family Children watch everything you do. By giving back to the community, you show them firsthand how volunteering makes a difference and how good it feels to help other people and animals and enact change. Volunteering is good for your mind and body Volunteering provides many benefits to both mental and physical health. Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression. Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel. You are doing good for others and the community, which provides a natural sense of accomplishment. Your role as a volunteer can also give you a sense of pride and identity. And the better you feel about yourself, the more likely you are to have a positive view of your life and future goals. Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease. I have limited mobilityâ€”can I still volunteer? People with disabilities or chronic health conditions can still benefit greatly from volunteering. In fact, research has shown that adults with disabilities or health conditions ranging from hearing and vision loss to heart disease, diabetes or digestive disorders all show improvement after volunteering. Whether due to a disability, a lack of transportation, or time constraints, many people choose to volunteer their time via phone or computer. Some

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organizations may require you to attend an initial training session or periodical meetings while others can be done completely remotely. In any volunteer situation, make sure that you are getting enough social contact, and that the organization is available to support you should you have questions. Teaching you valuable job skills Just because volunteer work is unpaid does not mean the skills you learn are basic. Many volunteering opportunities provide extensive training. Volunteering can also help you build upon skills you already have and use them to benefit the greater community. For instance, if you hold a successful sales position, you raise awareness for your favorite cause as a volunteer advocate, while further developing and improving your public speaking, communication, and marketing skills. Gaining career experience Finding the Right Career: How to Find Job Satisfaction Volunteering offers you the chance to try out a new career without making a long-term commitment. It is also a great way to gain experience in a new field. Your volunteer work might also expose you to professional organizations or internships that could be of benefit to your career. Bear in mind that the most valuable skills you can bring to any volunteer effort are compassion, an open mind, a willingness to do whatever is needed, and a positive attitude. Volunteering brings fun and fulfillment to your life Volunteering is a fun and easy way to explore your interests and passions. Doing volunteer work you find meaningful and interesting can be a relaxing, energizing escape from your day-to-day routine of work, school, or family commitments. Volunteering also provides you with renewed creativity, motivation, and vision that can carry over into your personal and professional life. Many people volunteer in order to make time for hobbies outside of work as well. Consider your goals and interests You will have a richer and more enjoyable volunteering experience if you first take some time to identify your goals and interests. Think about why you want to volunteer. What would you enjoy doing? The opportunities that match both your goals and your interests are most likely to be fun and fulfilling. Tips for getting started First, ask yourself if there is something specific you want to do. Having answers to these questions will help you narrow down your search. World Volunteer Web How to find the right volunteer opportunity There are numerous volunteer opportunities available. The key is to find a volunteer position that you would enjoy and are capable of doing. Ask yourself the following: Would you like to work with adults, children, animals, or remotely from home? Do you prefer to work alone or as part of a team? Are you better behind the scenes or do you prefer to take a more visible role? How much time are you willing to commit? What skills can you bring to a volunteer job? What causes are important to you? Sometimes an opportunity looks great on paper, but the reality is quite different. Try to visit different organizations and get a feel for what they are like and if you click with other staff and volunteers. Where to find volunteer opportunities Community theatres, museums, and monuments Libraries or senior centers Service organizations such as Lions Clubs or Rotary Clubs Local animal shelters, rescue organizations, or wildlife centers Youth organizations, sports teams, and after-school programs Historical restorations, national parks, and conservation organizations Places of worship such as churches or synagogues Online databases such as those contained in the Resources section below How much time should you volunteer? In fact, research shows that just two to three hours per week, or about hours a year, can confer the most benefitsâ€”to both you and your chosen cause. The important thing is to volunteer only the amount of time that feels comfortable to you. Volunteering should feel like a fun and rewarding hobby, not another chore on your to-do list. To make sure that your volunteer position is a good fit: You want to make sure that the experience is right for your skills, your goals, and the time you want to spend. You should be comfortable with the organization and understand the time commitment. Give yourself some flexibility to change your focus if needed. If volunteering overseas, choose carefully. Some volunteer programs abroad can cause more harm than good if they take much-needed paying jobs away from local workers. Look for volunteer opportunities with reputable organizations. The best volunteer experiences benefit both the volunteer and the organization. Or are you uncomfortable simply because the situation is new and unfamiliar? Recommended reading Simple Changes, Big Rewards: A Practical, Easy Guide for Healthy, Happy Living Volunteer Resources â€” A series of articles to learn more about volunteering, from finding the best fit to how to include volunteer experience on your resume. Timebank The Health Benefits of Volunteering: Recent Research PDF â€” A comprehensive

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discussion of the most recent research on volunteering, citing specific studies outlining the benefits to health, especially for seniors. Corporation for National and Community Service The many ways volunteering is good for your heart â€” How volunteering offers advantages for your physical and mental health. Harvard Health Publications 10 Tips on Volunteering Wisely â€” Tips to make the most of your volunteering experience, from finding the right organization to managing your volunteer time. Network for Good VolunteerMatch â€” An online volunteer search database which allows you to search for opportunities that match your volunteer interests, from location to type of work. VolunteerMatch Idealist â€” Find volunteer opportunities in your local area or internationally. Idealist National and Community Service â€” Federal organization offering volunteer position across the U. National Service Volunteer â€” Provides a directory of environmental volunteer opportunities with organizations such as the U. Peace Corps â€” Offers volunteer opportunities overseas and includes a 50 Plus division for older adults.

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Chapter 9 : 7 Reasons You're So Frustrated With Your Life | HuffPost

The actions you take are determined by your behavior which is under the direct influence of your habits and as we all know, your habits are not formed through intellectual reasoning or applied force. In fact, your habits and beliefs can't even be formed instantly.

Understandably, we all need to make a living but it seems as though some are enjoying the process more than others. Fortunately, job satisfaction is dependent on a variety of factors, many of which are within your control. With a little effort, you can either find the job that is best suited to meet your individual needs or learn to find fulfillment in the one you already have. According to a recent survey conducted by The Conference Board, This increase can be attributed to greater job security and satisfaction with regards to other career development areas. While the percentage of satisfied workers has steadily increased since its lowest point in , when only Unemployment, disappointing wages, and other economic factors have all contributed to job dissatisfaction, which may help explain the lower survey numbers we are seeing now in comparison to the late 80s. The survey suggests age and income may play also important roles in job satisfaction. In , employees between the ages 35 to 44 reported the highest job satisfaction at Workers under 25 years of age were least satisfied at Job satisfaction or a lack thereof influences not only employees but also the organizations they feel dissatisfied with. Dissatisfied workers experience lower productivity in the workplace, poorer performance, more job stress, and higher turnover rates. Moreover, low job satisfaction can result in low morale and low loyalty to the company itself, according to an article published in the International Journal of Learning and Development. Two-Factor Theory So how can you experience more job satisfaction? It may be found in a combination of both intrinsic and extrinsic factors. Intrinsic job satisfaction is a result of feeling content with the work itself and the responsibilities that go along with it. Extrinsic job satisfaction has more to do with the work conditions such as salary, job security, and your relationships with coworkers and supervisors. A study conducted in Heidelberg, Germany, examined the effects that intrinsic and extrinsic components had on job satisfaction for dentists. Additionally, the results of a survey done by the Journal of Healthcare Management among rehabilitation professionals showed that professional growth and having personal values in line with company values outweighed pay when it comes to job satisfaction. When you are engaged in your work, you are present, focused, and productive. However, according to a Gallup poll , 51 percent of workers reported not being engaged at work, many of which were millennials. One reason you may not be engaging in your work is because you may not feel you are utilizing your skills and abilities to your fullest potential. Undoubtedly, people are naturally more engaged in work that puts their talents to good use. But experts have taken notice of a misconception: The truth is, your talents can be utilized in any job you find yourself in. Sure, you may be better suited for some jobs more than others but by engaging fully in work and recognizing how your individual strengths positively impact others, you can bring meaning and purpose to any role. Being aware of how your job is directly supporting a larger outcome could encourage you to stay engaged and remain motivated. Respect, praise, and appreciation. Regardless of the job, you want to feel respected in the workplace as well as appreciated for the work you do. The SHRM emphasizes constructive feedback and open communication in the workplace as one way to encourage respect amongst employers and employees. In short, working a job where you feel disrespected, undervalued, and underappreciated will likely cause you to feel dissatisfied with your work. The importance employees place on pay as a contributing factor to job satisfaction appears to be on the rise, according to the survey conducted by the SHRM. Workers currently rank pay as the second most important factor compared to the fourth most important factor the year prior. Benefits rank as the third most important factor with 60 percent rating them as crucial to job satisfaction. But as important as compensation appears to be to employees, many would choose recognition and praise from a higher-up over cash. Understanding your motivation behind the job you either already have or the job you want may help increase job satisfaction as well. Asking yourself the following questions: What motivated

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me to accept this job in the first place? What inspires me to do the work I do? What inspires me to want to be a [insert job aspiration]? Answers to these questions can help determine where you are lacking satisfaction so that you can then do something about it, whether that means switching jobs or changing your approach to your current one. Perhaps unsurprisingly, people who are unhappy in life are less likely to find satisfying work. A meta-analysis published in British Psychology Society reviewed studies that examined the link between job satisfaction and life satisfaction subjective well-being. The psychologists concluded that people who are predisposed to be happy and satisfied in life in general are more likely to be happy and satisfied in their work. They note that individuals who are generally unhappy in life and seek satisfaction in their work likely will not find it. Perhaps nurturing yourself and enhancing your well-being will naturally lead you to satisfaction within a working environment. Create the destiny you desire with a personal growth retreat at the Chopra Center. Enhance your life today.