

The Enerpace PaceSetter

November 2022: An Earned Life



We Grow Agile Leaders Who Grow Purpose-Driven Firms

Hello Subscriber,

As we approach year end, many of us take time to review the year that was and think about what we want to create in the year to come. This month, I had the opportunity to speak with 2 prospective clients who are at a transition point and need to look even further out. One is about to sell his second business, has already endowed a charitable foundation and is on several non-profit boards. The other is a company President who may want to move on instead of working with a new CEO who wasn't his first choice. Both are thinking about their legacy and "what comes next".

Concurrently, I read Marshall Goldsmith's *The Earned Life - Lose Regret, Choose Fulfillment*. He provides a road map to design a life that aligns our ambitions with our aspirations (a.k.a. expressions of our values). However, can we really "lose regret"?

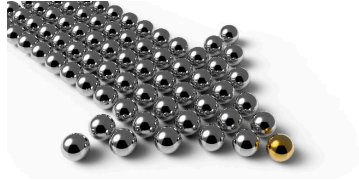
As a Buddhist, Marshall believes we are a new being with each breath. Whatever we regret was caused by a version of us that no longer exists. This perspective helps to forgive the 'old me' so I can embrace the new me and move forward. To me, this concept parallels what Maya Angelou so wisely said "When you know better, do better".

Marshall is a behavioralist, so he moves insight into action, with thought provoking-questions, exercises and a process to create a 'Life Plan Review'. I'm gratified that so many of the techniques we use at Enerpace parallel his process. As Baby Boomers start seeing retirement on the horizon, there's been heightened interest in creating the vision for their "Third Age". Retirement isn't automatically an ending. Many are using it to create something new.

Carve out some time over the holidays to reflect on your life from a 50,000 foot perspective. Are you waiting for "someday" or "something" to happen before you can move forward? Know that fulfillment is possible now, personally & professionally - we've got the case studies to prove it! If you'd like to create a Life Plan to align your ambitions with your aspirations, give us a call!

Best wishes for a healthy & happy holiday season –

Elene



"Do the best you can until you know better. Then when you know better, do better"

Maya Angelou (1928-2014)

American Memoirist, Poet and Civil Rights Activist



Leadership Learnings

31 Questions to Ask Yourself Before Setting Next Year's Goals

Robin Camarote, *Inc.*

Some thought-provoking prompts to use in reflecting on your life, personally and professionally.

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Career Management

Should I Stay Or Should I Go?

Sam Horn, *LinkedIn Pulse*

If you're not feeling fulfilled in your career, these 10 questions can help you answer this important question.

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Upcoming Events & Enerpace News

On January 19th, Elene speaks on "Top Emotional Intelligence Skills for Leaders & Business Builders" for The Chicago Booth Alumni Club of Atlanta and The University of Chicago Alumni Association. All are welcome for this webinar so join us!

To Register

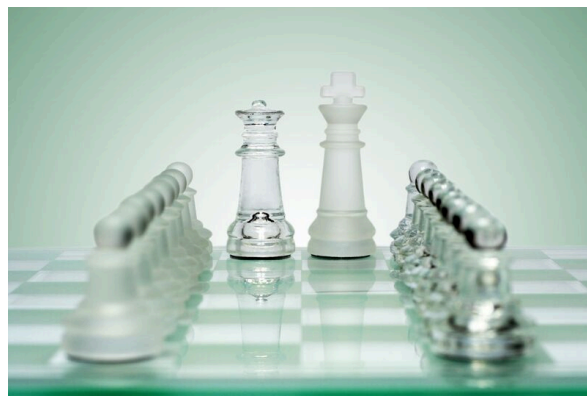


Enerpace Tool

The Value of Your Time - The Value of Your Mental Health

Peter Shankman, Blog

Great examples of how money is a tool that we can deploy, in ways large and small, in service of our 'Earned Life'.



Great Books

The Earned Life: Lose Regret, Choose Fulfillment

by Marshall Goldsmith

According to Marshall, "We are living an earned life when the choices, risks, and effort we make in each moment align with an overarching purpose in our lives, regardless of the eventual outcome." Yet, as the subtitle tells us we must also "Lose Regret & Choose Fulfillment".

Drawing on his experience as a top Executive Coach and his Buddhist practices, Marshall provides exercises, reflections and a model to help us do both.

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