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http://www

Job Seekers

St. Luke's United Methodist Church, 8817 S. Broadway, Highlands Ranch, CO 80129
www.stlukeshr.com jobseekers@stlukeshr.com 303-791-0659

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In times of stress - friends

"Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think." (Christopher Robin to Pooh) - A. A. Milne

"In everyone's life, at some time, our inner fire goes out. It is then burst into flame by an encounter with another human being. We should all be thankful for those people who rekindle the inner spirit." - Albert Schweitzer

"Oh, the comfort, the inexpressible comfort of feeling safe with a person; having neither to weigh thoughts nor measure words, but to pour them all out, just as they are, chaff and grain together, knowing that a faithful hand will take and sift them, keep what is worth keeping, and then, with a breath of kindness, blow the rest away." - George Eliot

I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. - John 15:15



S. Johnson, Founder and Editorial Director Career-Wise Ways

45 Questions You Should Ask Yourself

You ask your spouse for help, and your mentor for advice - but have you asked yourself the same questions? Here are 45 prompts to bring out the truth.

By Scott Ginsberg

In [Part 2](#) of the series on elevating your visibility, I asked you to be radically honest. This trait is developed by being radically honest with others – and with yourself. In case you didn't receive my e-mail outlining these 45 questions, here's the list to help get you started being honest with #1:

1. Are you spending time increasing your talent or increasing your character?
2. Can you write this action in your calendar so you'll *know* you have a place for it?
3. Do you have the courage to take full responsibility for everything you think, feel and do, without blaming yourself?
4. Do you realize you're the *only* person who values your time?
5. Do you respond to interview questions with memorable or mundane answers?
6. Do you see people straightforwardly, or through the distorted images you've created?
7. Have you identified and valued your *true* expertise and inventoried your negotiable personal assets?
8. How are you maximizing the conditions that lead to success?
9. How are you sharpening your rut-fighting skills?
10. How are you strengthening your foundation of personal credibility?
11. How are you using blogging to get hired faster?
12. How can you arrange your day so you become unstoppable?
13. How can you create a comprehensive laboratory for internalizing good fundamentals, releasing tension and cultivating energetic awareness?
14. How can you use tiny pockets of time to improve your pace and results?
15. How could you become more and more psychologically impregnable?
16. How did you add value to yourself today?
17. How do you avoid being perceived as one-dimensional?
18. How do you leave your mark wherever you go?
19. How does the market perceive you to be more valuable?
20. How is watching television landing you a job?
21. How long will it take the market to recognize your trustworthiness and efficiency and then reward you with new business?

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22. How many convenient tasks are you doing that delude you into thinking that you're actually accomplishing something?
23. How many convenient tasks are you doing that delude you into thinking that you're actually accomplishing something?
24. How many of your demands could be reduced if you put some energy into prioritizing, organizing and streamlining the routines that now fritter away your attention?
25. How many people did you give your business cards to today?
26. How many people do you plan to meet on your journey today who can improve your life?
27. How much faster would you get hired if you woke up one hour earlier every day?
28. How would your life be different if you were perceived as an expert in your field?
29. How would you like your ideal calendar to look in five years?
30. Is what you're doing *right now* consistent with your #1 goal?
31. Is what you're doing right now leading to getting hired?
32. Is what you're doing right now the best use of your time?
33. What are the top three activities that fill your time to feel as though you've been productive?
34. What are you (not) doing that makes *no* sense at all?
35. What are you recognized as being the best at?
36. What are you the undisputed heavyweight champion of the world of?
37. What behaviors are preventing you from making progress towards becoming the best version of yourself?
38. What consumes your time that isn't making you any money?
39. What contains the energy needed to catapult you out of this rut?
40. What did you do today that you should do less of tomorrow?
41. What dumb, non-value added things are you doing each day?
42. What is the one thing you could do *now* that will have the most impact on your success in the upcoming year?
43. What makes the way you perceive the world unique?
44. What three highly valuable activities did you accomplish today?
45. Who do you have to become to land the job that you want?

Take time to answer of each of these questions, however quickly — in your head or on paper. And then take action and watch your hire-ability skyrocket.

Scott Ginsberg, aka "The Nametag Guy," is the author of eight books, an award-winning blogger and the creator of NametagTV.com. He's the only person in the world who wears a nametag 24-7 and teaches businesspeople worldwide about approachability. For more info about books, speaking engagements, customized online training programs or to rent Scott's brain for a one-on-one coaching session, call 314-256-1800.

Career Advice from TheLadders

- [How to Avoid Making Career-Limiting Moves Online](#)
- [Tales From the Career Front](#)
- [Make 'em Love You - Literally](#)
- [What Do People Think About You?](#)

- 1.) If you could do anything you want to tomorrow, what would it be?
- 2.) What are your core values?
- 3.) What are your special talents?
- 4.) What do you do better than most people you know?
- 5.) What were your dreams as a child?
- 6.) What is the thing you are most proud of accomplishing in your life so far?
- 7.) What will you regret not doing in your life if you continue as you are now?
- 8.) What do you want people to say about you after you are no longer living? What is your legacy?
- 9.) What do you want to do when you retire?
- 10.) Outside of parents who influenced your life more than anyone else; who had an impact on your life and what was it about that person that meant something to you?

5 Powerful Questions for Self-Discovery

Valorie Burton, Author & Life Coach

1. Why am I here?

This question gets to the core of your life mission. Every experience, every contact and every gift or talent that you have exists to support you in accomplishing your mission in life. If you are alive, you are here for a purpose. What will be the most important mark you make on the world?

2. What would I like to learn?

The most interesting people are those with a diversity of perspectives and experiences. Life is a learning journey. The more we learn, the more we grow ... and the richer and deeper our life experience. Make a list of things you'd like to learn and make plans to learn them. Be willing to try something new, something that takes you outside of your comfort zone.

3. What brings me joy?

Often it is the simple things that bring us the most joy. Make a list of the things that bring you joy, then begin incorporating those things into your life on a daily basis. Don't wait for a special occasion to purposefully make your life joyful. You deserve joy every day.

4. What am I most afraid of?

Fear can be our enemy, if we allow it to be. Fear also can be a great teacher and a catalyst for change. For example, fear that you will fail can motivate you to be creative and work hard so that you succeed. On the other hand, fear can keep you from living your highest potential if your fear paralyzes you from moving forward in your life. Once you identify your fear, you can begin determining ways to reduce the risk that your fear presents. Once you make the decision to overcome your fear, you find your fears are often more perception than reality. As a result, you fear less in your life than ever before.

5. What is one step I can take today to move closer to my ideal life?

Taking a step towards your dreams will generate excitement for the possibilities available to you. Write a vision of your ideal life and then move towards it one step at a time. Celebrate your steps along the way. Consider that following rules and tradition is not a prerequisite to success. Open your mind to creating your own opportunities—it's what I call "entrepreneurial thinking."

- Go to www.crossroadscareer.org and click the red tab **Register Now**.
 - Then click **Explorers** and follow the online instructions to register
 - Select name of church: **St. Lukes United Methodist Church**
 - Enter church membership key for Career Explorers: **seekers**
- Browse, explore and make yourself at home. Each week work one step of the process.

JOB SEEKERS E-MAIL LIST

When you join Job Seekers, you may want to add your name to the Job Seekers Group e-mail list on St. Luke's Web site. It is through this e-mail list you will receive information about Job Seekers, as well as job opportunities and information, on this list

- The web site for St. Luke's is http://www.stlukeshr.com/p_jobseekers.asp
- Go to e-mail lists (http://stlukeshr.com/p_emailists.asp)
- At the bottom of the page fill in your contact information,
- Select "JobSeekers" from the dropdown.



Information and Job opportunities will be distributed via this list.

FACILITATORS

We currently have four group facilitators and we are looking for additional volunteers to serve as coaches, resources, presenters, and coordinators for the Job Seekers group. Please contact Job Seekers coordinator, Jim Wolff or any of the facilitators for more information.

Jim Wolff, Coordinator	303.619.3386	
Rev. Janet Forbes	303.791.0659	
Dave Laurvick	303.601.5528	

Stephen Ministry

*Spiritual Gifts: Mercy, Faith, Evangelism, Wisdom, Pastoring/Shepherding,
Encouragement/Counseling, Healing, Miracles*

Contact: Sallie Suby-Long

303-791-0659 x32

Bruce Pawley	303.471.8353	
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Pay it Forward!