

Women's Circle of Excellence

Creating a New You in 2010

Why do we get all jazzed up to make big changes in our lives at the beginning of a new year and then lose interest? To be honest, the challenges around personal change can be overwhelming. A key to making change last rests in our ability for self-reflection.

What brings you fulfillment? What do you find purposeful? Do these areas of your life align with your 2010 goals? Most important, are you committed to the challenges, tensions and rewards change may bring?

In 2010, take time to think, reflect and consider how you spend your time. To live a more purposeful life, access these aspects of your life:

Top Tips

1. Passion

While facing death from pancreatic cancer, Randy Pausch gave a final lecture to his students at Carnegie Mellon University about the beauty of life. His lecture, and then his book, *The Last Lecture*, became an international phenomenon, inspiring millions. His key inspiring point: *Find and Follow Your Passion.*

Your passion fuels your purpose—allowing you to break down barriers, inspire others and achieve a purposeful life. Passion gives you energy. *Discern the powerful force in your life called passion.*

2. Balance

The blurring of personal boundaries (mobile phones, E-mail, Wi-Fi) and juggling many roles (wife, mother, daughter, professional and volunteer) is typical for women. Work takes up most of our lives and finding balance can be challenging and uncomfortable. When we are out of balance, it is difficult to lead a purposeful life.

Consider each area of your life; think about what is working and where you are out of balance. What is important to you (family, career, friends, spirituality, artistic expression, financial security, etc.)? What percentage of time do you spend focusing on those areas you value? *Write out how you spend your 168 hours per week (i.e. 63 hrs/sleep, 50 hrs/work, 8 hrs/family, 10 hrs/cooking and cleaning, 8 hrs/driving, etc.) and brainstorm ideas on how you might spend more time doing what matters most to you.*

3. When Preparation Meets Opportunity

To determine your best options, create a mental picture of what you want in life. If you dedicate time in 2010 preparing for positive change, you will find your next opportunity just around the corner. Consider taking a leadership role, take a class, pursue an advanced degree or join a club such as Toastmasters to sharpen your soft skills around communication and networking.

Each day we have a choice about how we spend our time. *Create your own purposeful life—meet your next opportunity with strong, intentional preparation.*

Meet the Guest Author

Carmen McSpadden, Director of the MSU Leadership Institute and Leadership Fellows Program, served as a College of Business adjunct instructor for five years. She has written several articles and facilitated a variety of statewide groups on topics that include governance for boards, leadership, time management, effective meetings, negotiation strategies, change management, customer service, teambuilding, goal setting, and emotional intelligence.

She was co-founder and general manager of an adventure travel company for ten years, was a member of the Gallatin County Planning Board, chaired the Gallatin County Open Lands Board and Anderson School Board. She currently serves on the board of Headwaters Economics. With eight years on the board of the Montana School Boards Association (MTSBA), two years on the Governor's Renewal Commission for K-12 education, Carmen currently is a member of MTSBA's Past Presidents Association.

She was the Bozeman Daily Chronicle's 2008 Woman of the Year.



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Save the Date ~ 3rd Annual Women's
Circle of Excellence Conference, May 13-14