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Aspire Consulting, Ltd.

Aspire... Higher



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A S P I R E

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We will begin offering webinars in the next few weeks. Take our [poll](#) and have input into the topics offered! [Click Here](#)

Aspire: Alphabetically Speaking

(Q)

Quixotic according to dictionary.com; foolishly impractical especially in the pursuit of ideals.

In pursuing your future, understanding your strengths and finding the right ways to exploit your talents and not manufacture your weaknesses allows you to more practically pursue and achieve your goals and the goals of your company.

At Aspire Consulting, we help you maximize your strengths and align your goals with the company's goals to achieve greater success for you and the company.

Tip of the Month

On the Path to Success

Unfortunately, our national unemployment rate is predicted to be at 10% for the first time since 1982. That also means that there are many people who are staying in their current jobs, disengaged, not giving or getting their best because they are fearful of changing.

Here are some signs you are not working with the best you have to offer:

1. You are dissatisfied and have felt that way more often than not for the last several months.

Aspire Consulting, Ltd. combines passion, purpose and performance to achieve results driven solutions for our customers. We partner with businesses and organizations to stimulate individual, team, and organizational development.

Our highly effective solutions lead to dramatic and measurable improvements in several key areas for our customers including the ability to:

- Lead and Manage
- Grow and Innovate
- Capture and Retain Loyal Customers
- Fuel Financial Growth

The benefits to our customers include:

- Increased Internal and External Customer Loyalty
- Improved Profits
- Improved Productivity
- Improved Performance

2. You remind yourself often that a better economy is coming and you should just wait until it all gets better before considering the moves you might make.
3. You have realized that your job is just not a good match for you.
4. Your dissatisfaction carries beyond the job to your life outside work.

If you've agreed with any of the prior points, you might want to consider the following questions:

1. To what extent does your job involve things you really love and/or at which you're naturally skilled?
2. Are there opportunities to use those skills in your work, ways to get more of those skills in the content of your work, and if so, are you willing to pursue them?
3. Are there alternative ways of handling the part of your work you don't like and/or at which you're not as talented as you think you should be?
4. Is it possible that the issue is one inside you, and not your job? Could it be that your disengagement has led to or increased your dissatisfaction? If that's the case, and you do think the job requirements are a good match with your talents, buckle down for a defined time and see what happens. If these questions are just reinforcing in your mind that your current job is not a good match for you, then why invest more time and energy swimming against the tide?

This might be the best time for you to consider moving to the job of your dreams, where you work in your strengths, instead of depending on areas in which you are not strong. Start by writing down what that might look like. Think about those times you felt really great. What were you doing and what strengths were you using and sharing? Now translate that to work. What core components would it include?

You can choose the ultimate destination in your life and the roads you take to get there. Get out the map, and find the paths to your fulfillment.

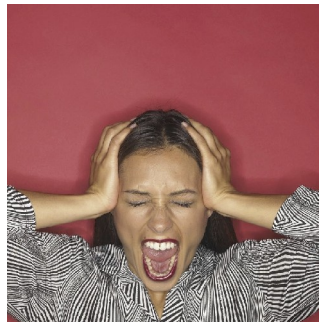
[More Info on Executive Coaching](#)

Why is Change so Difficult?

Many of us resist change. Why? We believe it is related to three general areas:

Fear: We are all creatures of habit. Even those habits that don't produce what we're looking for are often comfortable. We sometimes acknowledge the need for change and yet do not change our behavior until outside circumstances require that we do.

Conflict: Specifically, an internal conflict. If we decide we need to change, what does that say about what we've been doing? Is it



and Quality of the Services
They Deliver

We look forward to the opportunity to talk with you about how we can partner with you and your company.

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Food For Thought

Where Has 2009 Gone?

Here we are -- more than half the calendar year has gone. Where are you in relation to your goals in your work and home life? If you have not already, now is a good time to review your goals and action, repeat what is working, and revise what is not. Some things make goal attainment easier:

SMART goals. Goals that are specific, measurable, attainable, and realistically high with target dates are more likely to be attained. Understand the real meaning you attach to reaching your goals. What rewards will you get when you reach them, what consequences will you suffer if you do not? For you to be motivated to move forward, the rewards and consequences must be meaningful for you. Write or print out your goals and place them somewhere you will see them often. Out of sight, out of mind really applies here. Track your progress. That way you can adjust your goals

wrong, or at best, not the optimal solution or action? Our egos can get in the way of recognizing that some of our past decisions, even when the best for that time, are not best for now or in the future.

Goals: Many of us lack clear and concrete goals. If we don't know where we're going, how could we possibly recognize the easiest path to get there? Once our destination is set with clear goals, the smooth paved surfaces become obvious, and we lead ourselves and others down those roads to success.

We do not know what tomorrow will bring, but we do know it will be different from today. We can improve the results we get by doing things differently from the way we do them today. Many people react to circumstances beyond their control rather than setting goals, controlling the things they can, and planning for the unknown. As Ralph Waldo Emerson said, "What lies behind us and what lies before us are tiny as compared to what lies within us."

[More Info on the Attribute Index](#)

In their own words...

"A year from now, you will wish you had started today." - Karen Lamb

"Success is the ongoing achievement of your predetermined goals within the context of balance and your beliefs and values." - Aspire Consulting

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." - John Quincy Adams

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higher or adjust your actions if you are not on target. Get an accountability partner. On a regular basis, discuss your goals with someone else. Celebrate your success. Not just the end goal, but the on target steps along the way. Success feels good, and when you take credit for your hard work it will support your ongoing efforts.

[More Info on Leadership Development](#)

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