



Future Works[®] GAZETTE

Making Futures GreatSM

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Feb/March,
2010

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Rock On To Your Greater Future *Easy Principles for Living in Your GrooveSM*

February/March's Principle:
THE SLOW ROAD IS THE FAST ROAD

Experience has shown me that what keeps us on the road to great futures, personally and professionally, is to have a set of core tenets that guide us even when the going gets rough. Each month's issue of the Gazette is focused on one of these principles.

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A Note From Karen

No wonder I've been having a hard time focusing since we arrived in Arizona . Out of my familiar workspace and rhythm it's been hard to get into my "skin". But it's more that my energy is scattered and my mind distracted as we investigate making a significant life change. [More...](#)

FEATURE

*Nothing you can know that isn't known.
Nothing you can see that isn't shown.
Nowhere you can be that isn't where you're meant to be.
It's easy.*

*All you need is love.
All you need is love.
All you need is love, love.
Love is all you need...*

~Beatles
All You Need Is Love, 1967

Moving on is never simple. The hardest part is letting go of "what was" before there's a "what will be". Changing careers, closing shop, relocating or calling it quits on a relationship, thrusts us into this same muddle of the middle. [More...](#)

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Karen Recommends

FREE Rock On teleclass @ Noon EST on May 4th and repeated again on June 8th. A recent attendee shared, "I've never been asked questions like these before!" If you've been my guest in the past, please come again and invite anyone you know who would benefit. This is another opportunity for us to work together so you too can begin to take hold of your future.

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Tools, Tips & How-To's

7 Rules of the Road for Making Positive Moves
[More...](#)

Widening The Circle

When you look forward to Spring 2010, are you able to say that you will use this recovery to your advantage? What are you doing to make your future rock? What new moves are you going to make?

[Please share your responses.](#)

To provide us with an opportunity to really address important issues that we are all facing, your input on what is relevant and timely matters. If you'd like to engage in this dialogue please email me with topics or questions you'd like addressed.

I also invite you to get some 'real time' with me and your elite cohorts on one of my complimentary limited time offer, [ROCK ON](#) teleclasses on May 4th and June 8th.

Are YOU A Change Agent?

Innovation is the hallmark of our generation. We are called to be **Masters of ReinventionSM** and **Everyday FuturistsSM** in creating today's new paradigm.

Future Works Institute is researching the critical strategies for catalyzing change and welcomes your stories and strategies for creating positive futures.

[Go to the Research Info page to find out more.](#)





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A Note From Karen

No wonder I've been having a hard time focusing since we arrived in Arizona. Out of my familiar workspace and rhythm it's been hard to get into my "skin". But it's more that my energy is scattered and my mind distracted as we investigate making a significant life change.

Quite often I ask myself: "What determines how well we handle change? What makes some of us survivors and thrivers while others not? I'm convinced that the quality of our future and the probability of continued success are determined in large part by our level of preparedness.

Although our future cannot be predetermined, we can exert influence on the way it turns out. This month's feature is all about valuing being in motion versus getting stuck or out of the game. Hooked on deadlines, long hours and overloaded schedules, it's the norm to make decisions and get tasks checked off as "Done" at mach speed. But very few of us do so with foresight. When it comes to major life shifts or career moves, I prefer to be more like the winning Tortoise versus the Hare: Taking the slow road...always in motion with purpose and focus.

Karen Sands, MCC

Your Ultimate Guide to the FutureSM

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Feature

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Moving on is never simple. The hardest part is letting go of "what was" before there's a "what will be". Changing careers, closing shop, relocating or calling it quits on a relationship, thrusts us into this same muddle of the middle.

Years ago we left Manhattan and headed for the hills...the soulful foothills of the Berkshires in northwest Connecticut. First as a weekender, then full-time. I still pinch myself in amazement that we are so fortunate to be the stewards of our magical nature preserve. I just couldn't imagine being anywhere else. Knowing how attached we all get to homes, people we love and the positions that define us, I'd remind myself and my husband Mark: "A time will come when it will be our turn to let go, move on."

It would be so easy to stay right where we are and continue watching the Bluebirds nest and ducking as our resident River Heron's wide wings flap over our shoulders. Our souls have been filled to the max here, but now something new is beckoning.

But where do we want to be next? We've started the search in earnest, along with so many other Boomers and empty nesters. It's not just an age appropriate reevaluation; it's also an invaluable question to pose every time we find ourselves with change knocking on our door.

Some of us are just fine where we are. Many others are forced to make a "short-sale" or go into foreclosure. Others are plain stuck waiting for the market to up-tick so they can recoup assets to move on. But the fundamental question remains the same: Do we stay where we are or is it time for something new? I find myself drawn towards a total redesign and retread phase.

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The Big Shift is coming! Only those prepared need apply!

You, Mother Earth and me will continue to go through more 'n more shakeups and breakdowns so something new, more evolved will emerge. It's just the way it is. All self-correcting systems continue to "Grow or Die". Which is it for you?

Most times, endings aren't pleasant or simple. More and more I find that new beginnings-in-the-making are vague and un-chartered. It is this in-between time that is such a bear. But it holds the most potential for evolutionary transformation as we have the opportunity to morph into something totally new. Yet bring along the best of what was.

I hear lots of stories of folks who did their due diligence, made change happen and rode out the good times. But that's where they went unconscious and stopped doing routine *Reality Checks*. Then zap, down for the count.

I see the same thing happen with many of us. We fall off the wagon so to speak. Caught up in our busy *Life is Good* phase we don't make the time to perform a routine personal "intake" on our relationships, businesses, our careers or ourselves.

Whenever its "me" considering a major change, I get brought back to human-size pretty fast. I know its time for a *Reality Check* before I make any new decisions. Back to the drawing board, I review my current list of "Success Criteria" to be sure they are still valid.

We've been house hunting to get a true idea about communities and ways of living out west. It's easy to get lost in a gorgeous canyon hacienda or mountain retreat, but can we live and work here?

Entering foreclosed homes is even harder than I expected. The upset is palpable. A 40-ish couple gave us a personal tour of their beloved home pointing out their Zen-like improvements. But the Zen garden tells it all: weeds are growing wildly. Caught in the difficult throes of a love/hate separation from the life that was, these newlyweds didn't want to leave their house of dreams. It's a heavy hit to witness someone else's total loss... while we are hoping to find our next nirvana.

When things get tough or I feel unsure, the Boy Scout's motto comes to mind: "Be prepared." Preparation is what is required of us if we want to find our "right" next home base – whether it's in our personal futures, our careers and even in the markets we serve. But so few of us know where to begin, much less how. This was the case with my client Phyllis* who after making "V.P." hid under the radar at work in fear she'd be found out. Turning 39 she realized that she was at a major turning point. It was now or never.

Taking a huge risk, she examined her probable future—what would happen if nothing changed? She didn't like what she saw. In time Phyllis "owned" that it was time to leave. Bewildered and unsure she'd ask "But where to?" Digging deep she found her answers...and her authentic Self. The "Great Recession" almost stopped her in her tracks. "Keeping the Faith" in the process, she's hung in even when things looked pretty grim. In fact, she's risen to the top of her company's list as a "new thought leader" and an in-demand expert. Phyllis has redefined success on her own terms.

Doing due diligence, embracing who she really is and applying futures thinking, Phyllis has created several preferred possible futures. At the same time she's making sure that her current probable future turns out better than it might have. Phyllis has taken hold of her future; it no longer has a hold on her.

Doing the same due diligence as Phyllis did, my husband and I are crafting our alternative futures so we are more likely to end up with our preferred future, rather than blindly ending up where we are headed now.

Finding our place in the world is an ongoing process. I know this in my bones—right down to the cellular level, but every time I face major change, (whether self-driven or unexpectedly from left field,) I have to go through the same process everyone else does.

Making major change is not something to rush. Especially when every illusionary marker of success is shattered and truth as we knew it is gone lost. Erratic change can bring us to our knees and raise us to our feet.

I prefer a more prepared approach. The dramatic difference in survival rates after Haiti's quake versus Chile's 8.8 quake is a tragic testament to the importance of being prepared for our probable future. Life happens. Change and disruption are the only constants. Nature is always righting herself. So must we.

I want to have everything in place to withstand whatever comes my way. That's why I'm in Phoenix for the winter. We are trying it on for "fit". We are searching for data to support or refute our moving here, either part-time or full. So like my client Phyllis, we can return east armed with well-tested scenarios.

It's never just the facts that point us to our true north. We are paying close attention to our "Truth Verifiers", (involuntary signals from our body), while watching for messengers and signposts that will stir our inner knowing and reveal aha's we might not normally notice.

Then we met Helen. Perhaps my most important messenger yet. A stunningly elegant, vibrant and still active entrepreneur in her late 80's, Helen captured me with her personal stories of a life fully lived here. She is the epitome of my version of the *Pareto Principle*: Hold nothing back -- do 80% of your life's greatest work in the last 20! Helen just might be the clincher for me! I now hold Helen as my benchmark vision of a life that is possible in the valley of the sun, even when it's my turn to become an elder.

Taking the slow(er) road has kept us in motion so we can find our true momentum.

"When you come to a fork in the road, take it."
~Yogi Bera

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Tools, Tips & How-To's

7 Rules of the Road for Making Positive Moves

1. Re-evaluate what "success" and successful living means for you.
2. Determine your "Success Criteria" and update them routinely.
3. Use your list to screen out places that just aren't a fit from the get-go.
4. Now take your list of your top 5 places to investigate and do an on line search to learn everything you can about this possible new home base. If any places fall out, narrow your list down again.
5. Next search for organizations, causes, events and even alumni of your High School, Undergraduate and Graduate Schools to know if you'll find kindred souls and interests to keep you fulfilled.
6. Now the true test begins: Take a trip to each location. Stay long enough to know if it feels right or wrong for you.
7. Until you know where you are headed next, make sure to incorporate your new "success criteria" in your every day.

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