



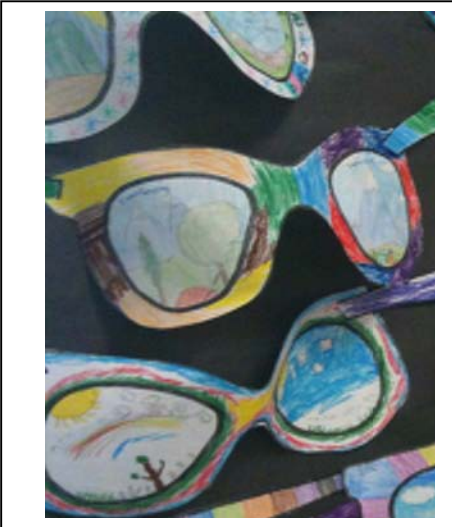
## A Life Lenses™ Perspective for the New Year

*What we see depends mainly on what we look for. ~  
John Lubbock*

Where I work & play, this time of year the daylight hours are short, the wind blows strong & the rain falls frequently (interspersed with the odd snowfall that brings the city to a standstill). It's a time made for glancing back & looking forward. A time for reflection, for planning.

My invitation is to take some time to do just that, glance back & look forward.

I'll use Life Lenses™, a self-assessment tool designed to let you see where your perspective shines & where the dark spots are. To help you further I've included a resource for each of the eight lenses or perspectives.



### 1. From the Mountain Life Lens™ perspective:

The Mountain Lens gives us a big, broad view. Patterns, trends, highlights. In 2010 I took a business development course called the [e-series](#), which did just that. It was a great learning opportunity to think big .... bigger. What was your equivalent in 2010? What will it be for 2011?

Here's a resource to help you stay atop the mountain: [2011 list of top learning resources](#).

### 2. Mountain's opposite the Carrot Life Lens™ perspective:

The Carrot Lens gives us depth & details. Systems, systems, systems. In 2010 I spent some time getting my social media systematized. Now it's a (painless) breeze to enter my analytics for each month. What systems did you implement in 2010? What systems are calling in 2011?

Here's a [free social media-benchmarking template](#) if that system is calling your carrot.

#### Corporate Entertainment

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Vancouver, BC V5V 3P7  
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#### Laughing Matters

corporate training  
e! lm@rpsinc.ca  
a! 9018 Lyra Place  
Burnaby, BC V3J 1B1  
p! 604-420-7703  
f! 604-420-7704

#### Community Works

community-based training  
e! cw@rpsinc.ca  
a! 9018 Lyra Place  
Burnaby, BC V3J 1B1  
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### 3. From the [Journey Life Lens™](#) perspective:

The Journey Lens gives us the opportunity to meander & take advantage of unexpected dips & turns. Process, process, process. In 2010 I started connecting with two fabulous entrepreneurs, Dyana Valentine & Jodi Womack. We video-conference every 2 weeks or so. It's been a fantastic journey. What journey did you partake in 2010? What journeys are calling in 2011?

A fantastic resource that points out the importance of the journey is the book [A Perfect Mess: The Hidden Benefits of Disorder--How Crammed Closets, Cluttered Offices, & On-the-Fly Planning Make the World a Better Place](#). If you didn't catch [my review of it the first time around, nab it here](#).

### 4. Journey's opposite the [Destination Life Lens™](#) perspective:

The Destination Lens is about tick, check, check – checking items off lists, getting things done & shipping. In 2010 I worked fast & furious to get Life Lenses™ online – a whole new experience for me. I also began using online talent via [www.elance.com](http://www.elance.com) - a great way to get editing, design work, transcription & a million other to do's done.

If you're stumped about how to get to your destination check out the aptly named [Getting Things Done; the art of stress free productivity](#). It made a world of difference to how I reach my destinations.

### 5. From the [Stop Life Lens™](#) perspective:

The Stop Lens' gift is reflection. Pushing the pause button helps us think, ruminate, plan, chew over pros & cons etc. In 2011 I started a 'learning well' file. It has all my notes from workshops & seminars in one place. It's an easy way to reflect on what I've learned & think about how to apply it.

For 2011 I'm using these resources to help my planning & I recommend you stop & take a look:

- From Dyana Valentine: [what's your business end tradition](#)
- From Chris Gillebeau: [how to do an annual review](#)

### 6. Stop's opposite the [Go Life Lens™](#) perspective:

The Go Lens jumps in. Action is the name of the game. Let's try it. Let's go for it. Go was a real theme for me in 2010 where work opportunities took me to Brazil, Turkey, Paris & the U.K. I'm about to jump into a new endeavour, my first [teleseminar \(on humour & laughter\)](#).

And you? What are you going to dive into in 2011? Here's a classic book on that theme – [Oh the Places You'll Go](#), by Dr. Seuss. Don't underestimate the [helpful lessons it contains](#), especially when you need a kick in the pants to get going.

## 7. From the Head Life Lens™ perspective:

The Head Lens focuses our attention on information & facts. Logic & what's tangible are priorities. Along these lines I hired a virtual assistant in 2010, a move that's been hugely beneficial owing to careful explanations of what I need done.

Thinking of hiring a virtual assistant to bring ease to your work &/or home life? Check out [www.getfriday.com](http://www.getfriday.com).

## 8. Head's opposite the Heart Life Lens™ perspective:

The Heart Lens draws our attention to intuition, our gut, & our senses. I had been wanting to take a collage course for a long time & finally in 2010 I did just that (I'm already registered for another in 2011). I noticed my work at times benefits from not thinking too much, rather going with the flow & listening to that little voice of wisdom we all have.

Looking for a place to stimulate your creativity, your Heart Life Lens™? [Who Does She Think She Is](#) is a wonderful documentary about "five bold women who navigate some of the most problematic intersections of our time: parenting & creativity, partnering & independence, economics & art."

Of the above 8 perspectives, which came easily to you? Your answer is a good indication of where the light shines, where your awareness is high. Which felt awkward or didn't fit as well? Your answer indicates areas where you're not so aware, areas that don't come as easily.

No perspective is perfect, they each have their pros & cons, good points & bad. At the start of a New Year it's good to take a look through them all. You never know what you might find, what opportunities you may bring to light.

*It's not what you look at that matters, it's what you see. ~ Henry David Thoreau*

Lee-Anne Ragan, MEd, BSW, ITC, is President of Rock.Paper.Scissors Inc. (RPS), Vancouver's award winning corporate training & entertainment company. Email us to enquire about scheduling your own workshop ([laragan@rpsinc.ca](mailto:laragan@rpsinc.ca)) or check out the public workshops below:

- [Laughter & the strategic use of humour teleseminar](#), February 2, 2011, 8 pm PST
- [Training Skills for HR Practitioners](#), Feb 2, 2011, BCHRMA, Vancouver
- [Facilitating Participation](#), February 17, 2011, Langara College, Vancouver
- [Workshops that Work](#), March 3 & 4, 2011, Langara College, Vancouver

### Other resources:

- Receive Lee-Anne's informative & entertaining training focused blog: <http://www.rpsinc.ca/blog>
- Check out her recommended reads: <http://www.rpsinc.ca/resources/astore.html>
- Connect on Twitter: @LeeAnneRagan or on LinkedIn: Lee-Anne Ragan
- Are you ready to see clearly? Check out Life Lenses™ an interactive, online self-assessment tool: [www.life-lenses.com](http://www.life-lenses.com) & our Life Lenses™ blog at [www.life-lenses.com/blog](http://www.life-lenses.com/blog)