

Quality of Work

Rosemarie M. Rowley

October, 2007

Finding Your "Sweet Spot"

Volume 2, Issue 2

Ummm...How Sweet it is!

In the 1950's, Jackie Gleason, a highly successful entertainer and comedian, often used the catchphrase, "*Ummm...How sweet it is!*" Today, people are abuzz with finding their "sweet spot." What exactly is a "sweet spot?" How can we find it? This newsletter will examine these questions as we begin to explore what it means to live in our *sweet spot*.

In order to find our "sweet spot" we first need to identify our gifts. Entertainment and comedy were Gleason's "natural" gifts, and it was obvious that he loved what he did. It often seems easier to identify the gifts in others than it is to see our own. However, we can (and should) make a conscious effort to take the time to identify them. As we discover these gifts they will develop into a passion. When we are able to articulate our gifts and passions, we can begin to build our lives around them, better assisting us to enter the sweet zone of our lives.

In the book, *Cure for the Common Life, Living in your Sweet Spot*, the author recommends that we live our lives backwards. In order to do this, we must repeat the activities that engaged and excited us. That is just one way to identify what fuels our passion, and can give us the direction that we may be seeking. Recently, one of the world's most beloved tenors, Luciano Pavarotti, passed away.

It was his gift of song that brought joy to his face, as well as pleasure to his audience. Pavarotti lived in his "sweet spot." He had discovered that place where his gift and his passion were in sync. This "spot" is a great place to live! It is a place where we, like Pavarotti, can see our gifts blossom, and those around us can be blessed by the fragrance of the bloom. Although our gifts may not be as renowned as Pavarotti's, our gifts are still needed and appreciated by others. When we discover our "gifting" and begin to live our lives around it, we will feel a great sense of purpose and contentment. We will enter into a life of fulfillment - our sweet spot. We can even earn a good living doing it! *How sweet it is!*

It can be said that we have a responsibility to ourselves and others to discover and make use of our gifts. Many gifts reflect a need: gifts of healing, teaching, business, singing, dancing, mathematics, nurturing, hospitality, encouragement, organizing and planning. This short list gives us a glimpse into the bigger picture - gifts touch people's lives. We are given them not only for our own fulfillment, but also for the greater good. We can choose any career we like, but we can only be truly fulfilled when we are doing what drives us. You will



Word Study

Sweet Spot:

"A zone in which you were made to dwell and where life makes sweet sense when you find your spot."

Max Ludado

Book Review

Cure for the Common Life

This book states that if you are like 70% of the workers today, you have not found your sweet spot. You find work to be dull and your talents seem wasted. You're suffering from the common life, and you desperately need a cure. This book comes with an assessment tool that helps you clarify

Rosemarie M. Rowley

Business Advisory & Career Coaching

E-mail us at:

rmrowley@ambassadorconsulting.com

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know your "passion" when you can't stop desiring it in your heart. This desire will bubble inside of you waiting to burst forth on the stage of life.

As I was riding my bicycle recently, I noticed that a multitude of acorns had fallen onto the bike trail. This prompted me to think about how much we are like those acorns. Only a few acorns will become a mighty oak tree, and the rest will be left behind never fulfilling their destiny. We all have the potential inside of us to live out our purpose; but only a few of us get planted, break open and allow what is inside to spring up into our ultimate purpose. I want to be an acorn that takes root and develops, how about you?

It is our choice to live the life we were meant to live. When we do, we can say with a "smile" in our hearts... *Ummm, how sweet it is!*

In our next newsletter, we will be covering making our dreams a reality in "*The Stuff That Dreams Are Made Of.*"

Here is some food for thought....

"To be always intending to make a new and better life but never to find time to set about it is as to put off eating and drinking and sleeping from one day to the next until you're dead"

Og Mandino (1923—1996)

Rosemarie M. Rowley assists individuals in discovering their gifts and talents through her coaching practice. She also functions as a Business Advisor to companies and entrepreneurs. If you are interested in having Rosemarie speak at your organization, please contact us at (516) 223-3228.

Rosemarie M. Rowley has 25 years of business experience in human resources consulting. She has held officer level positions with two New York based international consulting firms, Ernst & Young and Mercer Human Resource Consulting, and is currently the Founder and Principal Consultant of Ambassador, Inc., a human resources consulting firm. Ms. Rowley has been coaching professionals for 20 years. She has coached Chief Financial Officers, Consulting Partners, Business Owners, Sales Professionals, Middle Managers and new Supervisors. Ms. Rowley has had two published articles in the *Wall Street Journal's National Business Weekly*, and has been a guest speaker at various organizations, including NYU's Stern School of Business, the National Convention of Broadcast Financial Executives, the American Association of University Women, WEDLI and LIWA. Miss Rowley was also a member of the Board of Directors for the Stein Center in New York City for seven years, and is a licensed facilitator for *The Path*, Creating a Mission Statement for Work and Life.