



Mixed Feelings About 2023?

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Join the Club!

We all have mixed feelings about 2023.

Notwithstanding a few bright spots in the world of work:

- More remote work opportunities
- More robust well-being programs
- Employers listen more carefully to their employees
- And the list goes on.

We can expect more changes and another new normal, at work, so plan accordingly.

Welcome to Another New Normal

[Forbes](#) reports the talent shortage is easing and salary raises are tightening.

We've reached a workplace steady state and it's time to revisit career plans for 2023 and beyond.

Consider the Political and Economic Landscape

Business, Political, and Economic headwinds could shift any minute, in a less-than-favorable direction for most:

FORBES "THE GREAT REBALANCE"

In the wake of the pandemic, more employers recognize the importance of employee work-life balance and wellbeing. However, the very fact that employees are pulling back on work and trying to carve out more time for themselves suggests there is more to be done.

[Fox Business](#) provides these insights:

Persistent and elevated inflation has pushed the Fed to raise interest rates at the fastest pace since the 1980s, a decision that risks imperiling the economy in 2023. The probability of a downturn in 2023 climbed to **70%** in December, according to a [Bloomberg monthly survey](#) of economists, up from 65% in November. The poll, conducted between Dec. 12-16, surveyed 38 economists.

With so much change, I suggest you focus on three things within your control.

Three Quick Tips for 2023

#1 Be Grateful:

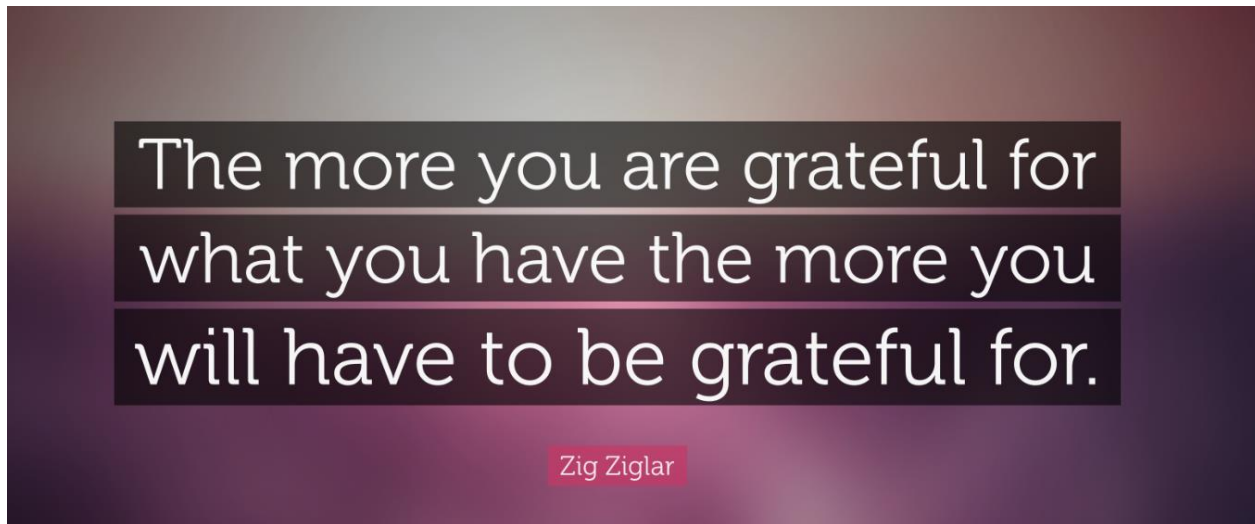


Figure 1 Credit Google Images

Gratitude helps you appreciate what you have and consider what you truly value in your life. To gain more of what you value, you must make values-aligned decisions and accomplish realistic goals

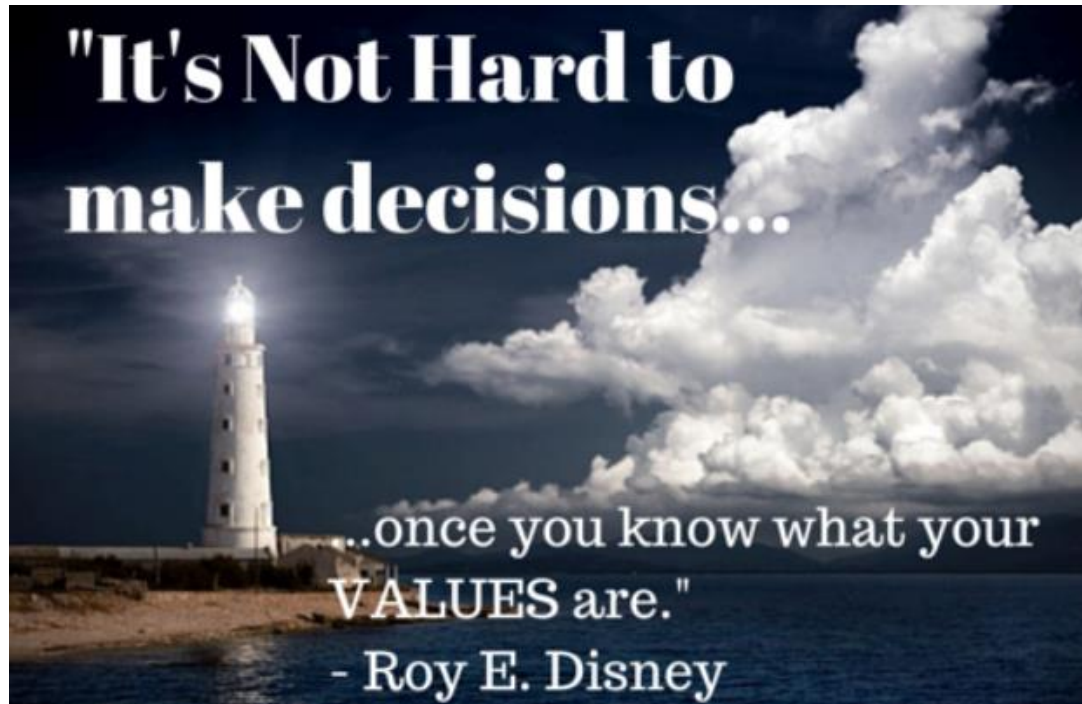
Homework:

[Read this article "Discover Your Values".](#)

[Take the Free Personal Values Assessment by Barrett Values Centre](#)

Write in the single-word values you've discovered about yourself.

#2 Align Your Values and Goals



Based on what you value in life, you can see more clearly what goals expand what you value in life. But, you can't do it alone.

[Homework: How to Set Achievable Goals \(That Align With Your Values\)](#)

List 1 – 3 Career Goals You're Going to Set for 2023

Related Value	Aligned Goal	Why Must You Attain this Goal
1.		
2.		
3.		

#3 Embrace People and Pathways Going Where You Are Going

Surround yourself with people who add value to your life. Who challenge you to be greater than you were yesterday. Who sprinkle magic into your existence, just like you do to theirs. Life isn't meant to be done alone. Find your tribe, and journey freely and loyally together.

~ Alex Elle

Choosing goals must accompany genuine alignment with like-minded souls searching for experiences, growth, and treasures making life a more purposeful existence.

[Homework: Read How to Find Your Tribe in 10 Simple Steps](#)

Describe the work/life tribes that help you achieve your goals (25 words or less).

Conclusion

You cannot control what happens around you, but you can control your response to it.

Business, Politics, and the Economy are everchanging.

Stay grateful, hold your values close, and find your tribe that will help elevate your life in 2023.

Call to Action

The world needs us – get equipped for a world of projects producing exponential value! Finally, [Global demand for Agile/Scrum/Product Management expertise](#) is heating up for PMs with this experience and may be the key to your prospering in the new remote economy.

It's only a matter of time before it intersects with your work or influences your opportunities.

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