

8/31/2011

"Most people are about as happy as they make up their minds to be."
-Abraham Lincoln

It's Wednesday morning, and you have two options:

Option 1 - Alarm rings, you hit snooze, roll over and groan. Ten minutes later you roll out of bed late, throw on some clothes and run out the door. Get angry at the traffic (again), complain, get to work, continue to have a rotten day, watching the clock and counting down the minutes until you can shoot out the door. Pick up some fast food on the way home and spend the rest of the evening watching reality TV until you fall asleep on the couch. The alarm goes off and you groan, thinking "2 more days?"

Option 2 - Alarm rings, you turn it off and stretch. Get up and shower, picking out an outfit that makes you feel good. Listen to some awesome music on the way to work. Greet everyone with a "good morning" on your way through the building. Get to your workspace, go through your to do list, add a few new things that come to mind. Start checking things off as you complete them, and before you know it, the day is gone! Prepare your list for tomorrow and head home to a great dinner. You go for a walk after dinner with family, friends or a pet, and think about the day. You go to sleep at a decent hour and wake up rested and ready to finish up the rest of the week!

Which of these options would you rather feel? The question is not what you want to feel, but rather what do you want? I used to look at those people who popped out of bed ready to go, had a positive attitude about work and really seemed to enjoy what they did, and wonder what their secret was to having that great attitude. For them, work was fun! So why is it that work is fun for some people but a never-ending cycle of long days others? Because they DECIDE it's going to be that way. There is no quick fix to this, but here are some ideas that you can improve your job satisfaction. Focus on the things you like about your job, and when you are having a particularly bad time at work, focus on those positive aspects. Take a breather if you need to, in order to reset your brain to think in the positive. These ideas can help you keep a positive attitude when we are focusing on helping our Family and MWR customers, both internal and external!

Thank you for Choosing Excellence when serving our Family and MWR customers, and please share this with team members who do not have access to email.

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