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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

LOOKING GOOD or DOING GOOD?

By Rhoberta Shaler

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What is your focus at work? Do you want to look good? Or, do good?

What attitude do you bring to work each day? Are you there to cover your anatomy or give real service to the organization? Are you there to give the best of your skills and creativity or are you there to do the least you can for a pay check?

What if you work for yourself? This can be the most exciting and compelling work, however, you can kid yourself there as well. I've met many folks who have good ideas, great skills and excellent health and are not successful. Most often, as I work with them in a coaching capacity, it becomes clear that they are afraid to take their ideas to the marketplace. As long as they are talking about what is possible, researching, studying, networking, 'developing', they kid themselves that they are doing something. They are always 'getting ready'. That, of course, does prevent failure. No one will say 'No' to you if you don't ask for their business. You can look very good while doing no good for yourself or your bank account!

When any person's work life is built on the basis of 'How can I do the least for the most money?', the equation stops working. It stops working for the company obviously. The employee is not giving value for time and money spent. The company cannot prosper. Jobs are lost and you'll likely be the first to go. It stops working for the employee in a few ways. Not only will they likely be fired, they will not be happy. They will find fault, cause problems, and irritate

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co-workers who need them to pull their weight. It gets even more curious when they blame their inertia on the company or the people at work. Big problem!

The focus is wrong. If you are going to spend 30 to 35% or more of your life hours working each week, make it the best experience possible for all concerned. That includes you! Think about this:

You will never have the hours from 8 AM to 5 PM on March 20th, 2002 again. What makes the most sense? Marking time at work doing the least you can while complaining and hoping no one

will get on your back, or, putting a smile on your face and doing fair work for fair pay with a good attitude and not having to look over your shoulder?

Giving your best at work is economical. That is what uses the least amount of emotional energy. I hope you believe that. It is the difference between just wanting to look good to save your anatomy and wanting to do good to save your integrity.

Not long ago I came across some statistics that showed the 85% of the people surveyed said they could do much better at work...if they wanted to! That is a truly disturbing percentage, don't you think? Although I can no longer find that study, the results have stuck in my mind. What keeps us from wanting to do the best job possible at work?

SHEER LAZINESS?

That is a likely contributor, isn't it? For some folks, initiative is simply not in their vocabulary. The very idea of seeing what needs to be done and doing it without direction exhausts them. These folks usually lose their jobs and blame their employers.

WHAT'S IN IT FOR ME?

These folks do not understand the 'Give First' philosophy. No, it's not airy-fairy, pie-in-the-sky thinking. In all areas of life, if your focus is on giving, you'll end up with a lot more. I'm not talking about 'I-don't-know-you-but-I-love you' kind of giving, either. Place yourself in a work environment that helps you. Notice that even doing something

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you do not love will give you a pay check and that is helpful!
Give first. Do your job well and you will get your pay check
regularly. You may even be promoted.

WHAT CAN I GET AWAY WITH?

No one will notice if I put these in the wrong place or take
an extra ten minutes on my lunch hour. Wrong. People notice.
The boss may take a while to notice but your co-workers catch
on right away...and, they don't like it! You are creating a
problem.

WHY SHOULD I?

Ever had the thought, "They are just not paying me enough to
do this much"? That could be true. You have options.
Negotiate a higher salary or a reduced work load, find another

job or adjust your attitude. There is no magic. Some
employers want a pound of flesh while paying for a pittance.
Often, though, you will be rewarded for pitching in and
pulling your weight. After all, you chose the job.

WORKING FOR A PAY CHECK ONLY?

Sometimes we've all had to do this. I remember doing it at
times when I was a young mother on my own with three children.
We do what we have to do, AND, you can still do it with the
right attitude. That pay check is important, so, give good
value to the person who is giving it to you. Remember, they
do not have to have you there. Making yourself invaluable in
any job has its own rewards. You'll get a good reference when
you leave. You'll feel better while you're at work. Your
work time will pass more quickly when you are involved. Your
colleagues will appreciate you and you'll feel better about
yourself.

SO....ARE YOU DOING YOUR BEST AT WORK?

It's all in your attitude and willingness. The most
compelling reason I can give you for doing your best at work
is that you'll feel better. Focus on doing a good job. Go
the extra mile. Remember that excellence is in the details.
Give full value for time paid. You'll not only feel better,
you'll feel better about yourself.

LOOKING GOOD or DOING GOOD?

Looking good is a beginning. Doing a good job is where the real satisfaction is found.

Dr. Shaler speaks to thousands of people each year giving them and their organizations "The OK's to SUCCEED!" —the Optimization Keys to lift their sights and elevate results from acceptable to EXCEPTIONAL. She is the author of 'Optimize Your Day! Practical Wisdom for Optimal Living'. Her book as well as her free ezines are available from her website, www.OptimizeLifeNow.com .

We're Good at the Things We Like

By Angie Dixon

Read that again. It doesn't say "We like the things we're good at," though that's true as well. No, it says we're good at the things we like. That statement was made to me just today in reference to something I hate to do and am not very good at. I just nodded, thinking I'd heard it the other way around, or that my sister had said it backwards. Then she repeated it and said, "It works the other way around, too, but we're good at the things we like."

It's true. If we like something we're willing to put the time into it to learn how to do it, for starters. Such is true with my "hate to do," search engine optimization. Books on SEO make my eyes glaze over. Listening to someone talk about how to do it makes my ears glaze over. I hate it. It's not interesting to me, and I'm not good at it.

On the other hand, I'm great at making web sites. I used to do it for a living and still design my own sites most of the time when I'm developing a site for a business or my personal use. The first time I picked up a book on web design, nearly a decade ago now, I knew this was something I could do. I LIKED it. And I'm good at it.

I'm not saying you shouldn't, or can't, be good at things you don't like. I don't like putting away the dishes or changing the cat litter, though I'm good at both those things.

What I'm saying is if you hate something, and you're not good at it, maybe it's time to stop beating yourself upside the head and find a way around it. Hire someone to do it. Barter with someone to do it—you do something they hate and are not good at. Do something else instead. Or learn to like it and get good at it.

So the next time you're doing something you hate, and feel you're not doing a good job, remember it's not your fault. We're good at the things we like.

Angie Dixon helps small business owners get their acts together. She is a personal development coach specializing in helping people integrate their home and work lives so they feel less stretched and more balanced. Get her FREE EBOOK on balance at

. For questions or

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to discover how coaching can change your life, contact Angie at

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We're Good at the Things We Like

Love is Good!

Do You Really Need a Friend Quiz To Tell If Someone Is Your Friend?

What Publications Should Look for in a Technology Writer

What's 'Good Enough' For You?

600 Recipes For Chili Lovers

HIV/Aids Healed by the Power of God

120 Lip-Smacking Good Jam Recipes

How Nice Guys, Shy Guys and Good Guys Finish First!

101 tips to stay fit and live longer.



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