



New Perspective...New Growth

10 Daily Commitments for Improving the Work Environment

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1. Commit every day to being a World Class Dopamine Dispenser. Give out 'doses of dopamine' by making a conscious decision to smile, take an interest, do a favor, give a compliment, lend a hand, inquire about a person's well being.
2. Commit every day to take responsibility for your successes and failures. That means avoid blaming state policy, the manager, other people, society, etc.
3. Commit every day to revisit and remind yourself of your philosophies for life. Why do you believe what you believe? Are your philosophies and actions aligned?
4. Commit every day to remind yourself that you are the CEO-Chief Emotional Officer. You directly contribute to the climate in your organization by the emotions you bring.
5. Commit every day to make it easy for your colleagues to connect with you by smiling often, having open body language, positive non-threatening facial expressions and tone of your written and spoken words, initiating contact, greeting them as they come into your space.
6. Commit every day to check in with yourself and manage your stress so that it never has a negative impact on your colleagues. Take care of yourself because 'You can't fill another's tank when you are running on fumes.'
7. Commit every day to be present in the moment, stop and consciously listen to others, eat mindfully, be aware of your surroundings, stop and bbbrrreeaaattthhhh.
8. Commit every day to not take yourself too seriously. Allow for imperfections, mistakes and a good dose of laughter with those around you.
9. Commit every day to read something positive and to speak something positive. What we read influences our thoughts. What we speak influences our actions and those of others.
10. Commit every day to be make sure that every person's day is better because they interacted with you.

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