

Career Management Digest

Building A Better You: Confident and Successful 2.0

A recent article on the website www.forbes.com caught my eye. An employee had asked a question about how to handle changes at the workplace; the company had done some recent reorganizing and the employee was feeling underappreciated/frustrated/less than successful. The author of the response, Liz Ryan, suggested that perhaps the employee was looking at the wrong things to determine their success. That led to the topic of the month! We hope you find some good information to help you recognize your measurement of success.

ARE YOU SUCCESSFUL? Here Are Five Things To Consider

In today's jobseeker's market you might be thinking, "Hmm, I wonder if it's time for me to move on?" Or perhaps your company is working with less employees, and you have an additional workload on your plate; you might be feeling overworked and thinking of moving on. Any time there is a lot of change at your workplace, it's easy to question where you fit in.

First of all, pay attention to the things that are right in your life: your friends and family are supportive. You might have volunteer work and your faith. I found a meme on Facebook once that said, "If you have family that loves you, a few good friends, food on your table and a roof over your head, you are richer than you think." You might ask yourself if you're focused on the wrong things in your life.

You're going to be having mixed feelings if your workplace is a bit chaotic. These bumps in the road happen to everyone—again think of the meme above and plan your next course of action.

Here are some things to consider when you're feeling less than successful:

1. If you are earning enough money to cover your bills and have some left over to save and to do some fun things, you are successful. If work is making you feel unsure about your future, start bumping up your savings and re-evaluate your budget. It's better to be financially prepared for the

unexpected and not tap those funds than to be caught short.

2. If you know what you love to do and what you're good at, you are successful. You are driving your own bus. You are in control and you are so fortunate to be able to do and be paid for what you love.



3. If you have been in challenging situations before and survived (hopefully stronger and better than before), you are successful. Life is full of surprises and unexpected twists and turns. Many people are motivated and inspired by challenge and change. Remember that old expression, "When one door closes, another opens?" Yes!

4. If you take responsibility for your life and career, you are successful. Don't blame others for your troubles or setbacks. If you find that your credit card balance is getting out of control, don't blame it on your rate of pay or the cutback of hours. Take responsibility and cut back on spending, search for a part-time (or new) job. Take control!

5. If you keep on trying and don't give up, you are successful. If you give up at the first thing that stresses you out, you're missing a great opportunity to ask yourself "Ok, this happened. What can I learn from

this experience? Why did it happen and is there anything I can do to avoid this next time?"

BONUS CONCEPT: Do you see the glass half-full or half-empty? Are you waiting for some big WOW to come your way or are you able to see the joy and positivity in small things? Let's take the person who buys Powerball tickets every week, hoping for "the big win, so I can quit my job!" situation. Google states the odds of winning Powerball is 1 out of 292 million. How about focusing on the small things such as: finding a parking spot close to the door. Getting the opportunity to train for a new job/role at work. Making a new recipe for dinner and having everyone ask for seconds. Getting an unexpected compliment from your boss or a co-worker. Getting invited to participate in a work committee. Picking up a few extra hours at work—just when you can use the extra bump in your paycheck. Taking your car in for a repair and finding out it's not what you thought—the repair is less than \$25.

If you can see the glass as half-full vs. half-empty, you are successful.

Do you want to learn more about recognizing your successes? Check out Liz Ryan's article in Forbes online magazine at this link: <https://www.forbes.com/sites/lizryan/2017/06/13/ten-signs-youre-more-successful-than-you-think/#525990285695>

**Don't wait
for opportunity.
Create it.**

10 Things You Must Know About People:

Source: "The Choice Is Yours: Today's Decisions for the Rest of Your Life" By John Maxwell

Sometimes, we need to give people an extra "boost" to help them reach their own success level. Here are some suggestions:

1. People are insecure; give them confidence.
2. People like to feel special; give them sincere compliments.
3. People look for a better tomorrow; give them hope.
4. People need to be understood; listen to them.
5. People lack direction; navigate for them.
6. People are selfish; speak to their needs first.
7. People are emotionally low; encourage them.
8. People want to be associated with success; help them win.
9. People desire meaningful relationships; provide community.
10. People seek models to follow; be their example.



I asked people to help us to share how they knew when they'd "made it" or to "define success" Here are some responses.

I knew I'd "made it" when....

- I am able to enjoy my family and my health, provide for my family and be a contributing, law-abiding member of society.
- I became comfortable in my own skin. I started my job and my employer was appreciative of my skills and work ethic.
- I was comfortable and felt accepted and appreciated by my peers (work/friends).
- I was given the freedom and tools to overcome adversity and used the opportunity to succeed.
- I attained my first job at 15 and made it through the first day. I knew then that what my parents instilled in me stuck.
- I didn't have to apply for the job; they came looking for me!
- I love what I do and can't wait to get to work every day.

I define success as:

- The feeling you have when you know/see that something you do is helpful to others.
- Being happy with who you are and what you have.
- Being happy with life where I am at... it has nothing to do with materialistic things.
- Feeling comfortable in my own skin.
- Sleeping soundly each night with a clear conscience.
- Seeing my children grown up and be happy (or least most of the time!).
- Overcoming the first step in anything you do in life.
- Balance.
- Happiness.
- The commitment to focus on tasks that feed my energy level. This way, I can deliver on expectations.
- Love of family.
- It's a long definition, but Google Ralph Waldo Emerson's "Success". That's it for me.
- Meeting your goals while improving the community surrounding you and being responsible for your commitments.
- Being able to fall asleep each night knowing I made the most of the gifts God gave me that day.

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