

# Career Management Digest

### *Keep Your Motivation Going*

An old song that Nat King Cole once sang has the lyrics, “Roll out those lazy, hazy, crazy days of summer...”. Does summer feel like that for you? At the end of a long work day, some say it’s too hot to do anything and collapse on the sofa. Some get depressed when it rains (and never seems to stop!) and lose their motivation. Some of us come home from work or an especially hectic family event/outing or vacation and say, “Never again...too much work!” Others might feel like they are going it alone and don’t recognize that they, too, have a tribe, a group, a family or a village behind them to keep them motivated. Perhaps some of these ideas will help keep you motivated.

### **Life Rules For Staying Motivated**

See if any of the life rules below can help you find your motivation. <http://www.success.com/article/13-life-rules-to-keep-you-motivated>

**1. Life is 10 percent what happens to you and 90 percent how you react to it.** The life advice I go back to most often is, “Life is 10 percent what happens to me and 90 percent how I react to it.” This quote has guided me in both my personal and professional lives. And it works because it’s true for all people: We all face challenges, but we all have the choice to respond in a positive or negative manner. —Ben Camerota, MVP Visuals2.

**2. Give more than you take.** It’s really that simple. Give more in the world (of your time, money or talents) than you consume or take. It creates such an abundance of experience, connections and wealth, but never when those are the leading drivers. —Darrah Brustein, Network Under 40

**3. Under-promise, then over-deliver.** My father grew up on a farm in a small, rural community where you build a reputation in either direction very quickly. He taught me that you are much better off under-promising and over-delivering than not meeting people’s expectations. Most of us do business in very small business communities and would also be best served by erring on the side of exceed-

ing expectations rather than not meeting them. —Doug Bend, Bend Law Group, PC

**4. We aren’t rich enough to buy cheap things.** My mom used to say, “We aren’t rich enough to buy cheap things.” Cheap things don’t last, and replacing them ultimately costs more time and money than buying high-quality goods to start



with. This also applies to behavior: It’s easier to do things right the first time, rather than to retroactively fix a shoddy job. —Vladimir Gendelman, Company Folders, Inc.

**5. Keep business and personal separate.** As an entrepreneur, it’s so easy to mix up business and personal, but it just causes mistakes and headaches that can impact both aspects of your life in a bad way. It’s better to keep these completely separate in terms of communication, social presence, money and daily tasks. —Zach Binder, Ranklab

**6. Obey the Golden Rule.** Do unto others as you would have them do unto you. I never get tired of this positive way to look at every interaction I have.

Whether it’s my family, co-workers or clients, I put their interests first. It’s not about what you can get from others, but what you give to them that makes you a pleasant person to deal with. The fact that the Golden Rule is still relevant is a measure of its power. —Nicole Munoz, Start Ranking Now

**7. Work to live; don’t live to work.** I can easily work just for the sake of working. But I sure hope that toward the end of my life, I don’t look back on years of time spent in an office in front of my laptop working. I want to look back on relationships and lives that I’ve been a part of. This contributes more to my overall happiness than checking off my never-ending to-do list. —Mark Daoust, Quiet Light Brokerage, Inc.

**8. Learn to enjoy the discomfort of change.** George Santayana said: “To be interested in the changing seasons is a happier state of mind than to be hopelessly in love with spring.” Far too many of our problems—whether in business, relationships or day-to-day life—come from clinging to the past. By enjoying the discomfort of change, we open ourselves up to see things from a new perspective, and to be happier while doing it. —Zach Obront, Book in a Box

Excerpts taken from:

<http://www.success.com/article/13-life-rules-to-keep-you-motivated>



## Everyone has a Village

Who is it that makes up your village? What country did your ancestors, grandparents, mother or father come from? What languages did they speak? How many languages do you speak? What language ( English ) did your ancestors need to learn in order to blend or acclimate within these United States of America? What kind of prosperity or poverty did they grow up in?

No one has to recreate success. All we really need to do is model success.

Like a railroad crossing sign at every train crossing..... Stop... Look.... And Listen.... In order to learn and model the success we see in others. After all, how do you know that a railroad train just went by at that railroad crossing before you got there.... The train left its tracks!

Your village is your family, your friends, your work environment. Every day we bridge between these villages. Some individuals within the walls of these villages are in support of what we do and who we are; and there **are** those who negatively impact who we are and what we do. Protect yourself. The bridge between your social villages and your business villages might be in stark contrast with each other. When it comes to success.... When it comes to a career... When it comes to choosing which village helps you provide for your family and attain the dreams that you hold... Choose the business village for support.

Perhaps you are not starving for food in your village. There may be people in your village who don't think very much of you. And... there may be close friends and family members who belittle you, try to put you down, maybe even jealous of your efforts to break out into a new village that could be cleaner, better and safer.

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Perhaps you are not starving for food in your village, but you may be starving for love, affection, and recognition. How will you deal with that? Here are some suggestions: #1 – Take Control... #2 – Quit Focusing Externally... #3 – Look within for your Happiness... What people think about you is just their opinion; but what **you** think about **yourself** is your reality. Dare to hope; you will prevail.

We have no control over external situations in life, but we have a choice as to how we interpret them – we can always rely on hope. It takes a lot of courage and a lot of internal belief to leave the village and go to a new territory.

Hold the thought that starting is the key, and moving in the direction **toward** success – not away from it – is the KEY. Plan out your time wisely. Discipline yourself to make the smallest positive decision in a single moment – a single instance - that moves you toward your goal. Plan activities and make decisions that are goal achieving and not stress relieving. It will take the same effort regardless, but because of your goal directed effort... it will yield your reward.

This is your WAKE UP CALL to stop making excuses and take immediate action to make it happen regardless of your present situation.

One step at a time! Do not wait until you are great to start. Start NOW and GET GREAT as you go.

**Source:**

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