

WORK THOUGHTS

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2009: Will it be Your Best Year Yet?

Earl Nightingale, pioneer of the spoken word self-help industry, liked to point out that we often learn best from the worst. For example, a man with a cruel father and distracted mother makes a pledge to love and give positive attention to his own children. The woman who is reared in oppressive poverty determines to succeed in the world so her children will have a richer life. Teens vow to drive better when they pass a horrible accident on the highway...and a young couple promises never to incur impossible debt after seeing a family evicted from their home on national television.

Kahlil Gibran expressed it this way: "I have learned silence from the talkative, toleration from the intolerant, and kindness from the unkind."

As for me, I remember well the advice my father gave me after I complained once too often that the "big kids in junior high" wouldn't speak to me, a third grader. My dad said, "There's nothing I can do about that; but here's what *you* can do: When you are a big kid, you can speak to the little kids." Almost immediately, I felt better; probably because my dad's advice was an invitation to be proactive. Now I had a plan, instead of a grumble.

What is your plan? As we enter what is supposed to be a very tough year in terms of the economy and other concerns, we can remember that whether we are setting a good or bad example, each of us is a teacher to those who depend on us and to those most influenced by our conduct – *especially in the workplace*. Our daily *performance* will be critically important in the face of potentially lean economic times: not only what we do and what we say, but also what we do *not* do and what we do *not* say.

Supporting each other; staying positive; stepping up to the plate when asked; and remaining flexible will make all the difference in whether or not 2009 is the success we all want it to be.

How will you approach your year? If you have concerns or questions about how to make the most of 2009, the staff and counselors of **Performance EAP** welcome your call. No problem is too big; no concern too small. Our well-trained team of professionals is ready to serve *you*. Don't wait; call today (337-436-9533). Why not make 2009 your best year yet?

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