



How Time Flies!

Turn the calendar to November. Reset the clocks to standard time. It is absolutely amazing! The year is almost at an end!

It seems as if it was just yesterday that we ushered in a new year. Now, in what feels like the blink of an eye, we're beginning the creative two-step of scheduling work and life around the holidays that are fast approaching.

I don't know about you, but as I enter this part of the year, my mind turns in a special way to thankfulness. No, it's not simply triggered by the day that's been set aside for us to reflect and express gratefulness. As far back as I can remember, this entire season has drawn me to focus both on being blessed and on sharing blessings.

So, as we enter November and marvel at how quickly this year is flying by, I invite you to pause with me for a few minutes. Let's think together in this edition of **EA Insights** about the things for which we are thankful...particularly in terms of our work.

Don't let time pass you by without recognizing that there are indeed reasons to give thanks.

All the best,

June

June Melvin Mickens
Executive Advantage, LLC



Thankfulness @ Work June Melvin Mickens Executive Advantage, LLC

Today, we begin with a promise from you.

Here goes. Repeat after me, and do so aloud if you're able: "As I read this article, I will NOT roll my eyes."
(Did you say it?)

Seriously, as we find ourselves in the Thanksgiving season, we often contemplate our thanks for family, friends, freedoms, and so on. Sometimes left off of the list, though, is our *work*. Yes, I know that work can prompt a whole slew of emotions...good, bad, and ugly. And, yes, I also know that, for some folks, the greatest thanks stems from the fact that there's a holiday so they don't *have* to go to work!

However, when you're open to it, there actually are work-thankfulness connections to be found. Let me share a few that come to mind.

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Quotes

"Pride slays thanksgiving, but a humble mind is the soil out of which thanks naturally grow. A proud man is seldom a grateful man, for he never thinks he gets as much as he deserves."

~Henry Ward Beecher

"Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow."

~Melody Beattie

*"Everything is a blessing, even meetings. ***
[I]t's an opportunity, and the best thing to do is be thankful for it."*

~Eric Berry

"I give thanks for everything that's ever happened to me and for everything I've got."

~Ian Brown

"Thanksgiving is one of my favorite days of the year because it reminds us to give thanks and to count our blessings. Suddenly, so many things become so little when we realize how blessed and lucky we are."

~Joyce Giraud

"[S]tudy after study has shown that no one is immune from the motivating effects of acknowledgement and thanks."

~Mark Goulston

"I am even thankful for the negative things that have made me"

Thanks for work

My friend, if you have a job, that's reason to be thankful. There are many who want to work and cannot. There are many who are prepared to do a certain type of work and cannot. Sometimes, in the stresses and strains of the daily grind, it is easy to overlook the fact that you have honest, paid employment. While there certainly may be room for improvement, there also is cause for thanks that you do have work.

Thanks for and to people

Few, if any, of us conduct business without people contact of some sort. With that in mind, the individuals in your work sphere are another reason to be thankful. *(May I remind you of the eye-rolling promise made at the outset of today's article?)*

Think about the typical workplace. No one person is skilled enough, available enough, or energized enough to carry out every function 24/7 that is required to accomplish the work to be performed there. We each serve specific and important purposes. We need one another. We have reason to be thankful that people...all of us complementing one another...have been assembled to complete good work together. So, we can be thankful *for* people.

We also should be thankful *to* people.

Take a moment and try to recall the last time you thanked someone at work. It may have been at the end of a routine task. It may have been for a special job that was done well. It may have been for an earnest effort, even if the outcome somehow missed the mark. It may have been that a person provided encouragement when you were struggling. Whatever the prompt, when was the last time you said, "Thank you"...and meant it? When was the last time you heard it?

You know this to be true; when people feel seen and appreciated, when *you* feel seen and appreciated, it makes a difference. It doesn't matter that what's being done is a part of the person's job. What matters is that someone notices. So, as you pause to give thanks for the people around you at work, don't forget also to contemplate how to make giving thanks *to* them a more frequent part of your practice.

Thanks for hope

Finally, especially for those of you who broke your promise about eyerolling as you read today's piece, there's one more work-related reason for thanks. You can be thankful for *hope*.

Even if your current work situation leaves much to be desired, note that 1) you *are* working and 2) your situation need not remain as it is today. The notion of *hope*, for you, may entail making some changes so that tomorrow will be better with your current employer. On the other hand, *hope* may involve investing in professional development and/or moving to a new organization, which will allow you to find a better fit elsewhere. Either way, there's reason to be thankful in advance. You can have renewed hope that you will discover the optimal role and/or environment that ultimately will allow you to live out your work-related passion.

So, this year, commit to adding your work to your thanksgiving list. No matter where you find yourself, there really *is* something for which to be thankful!

If navigating life at work is a challenge for you, or if discovering your true passion is where you could use some help, don't start and stop at eye-rolling. It's time to take action. Call on us at **Executive Advantage**. Let us partner with you so that next year this time you can easily identify many work-related reasons for thanks. Contact us today.

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a stronger and better person."

~Joanna Krupa

"None of us got to where we are alone. Whether the assistance we received was obvious or subtle, acknowledging someone's help is a big part of understanding the importance of saying thank you."

~Harvey Mackay

"Make it a habit to tell people thank you. To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you'll soon find many others around you. Truly appreciate life, and you'll find that you have more of it."

~Ralph Marston

"Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation."

~Brian Tracy

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."

~Oprah Winfrey

"Be true to yourself, help others, make each day your masterpiece, make friendship a fine art, drink deeply from good books..., build a shelter against a rainy day, give thanks for your blessings and pray for guidance every day."

~John Wooden

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