

# LEADERSHIP AT ALL LEVELS

With Gail Lowney Alofsin

## KISS Your Desk and Fall In Love

*The month of November features Thanksgiving and leads to weeks focused on gratitude. What are you grateful for? Your faith? Your family? Your health, friends, career?*



In this day and age, we are blessed if we have a job that we enjoy and find invigorating. Yet every career has its moments. How do you approach Monday morning? Are you ready for the best day? Sometimes we find ourselves missing that “spring in our step.”

Think back to when you did not work for your respective company. How did it look from the outside? Were you attracted to the company and career or was it the sole job in the area? Have there been times in the past when you could not wait to reach your desk? Take a look back to the time that you felt that way. It is time to KISS your desk and “fall in love” with your job again. Let’s review a few steps when falling in love.

### **Crush:**

Wow! Take a look at that position, look at that company! What an incredible place to work, I would love to work there. Remember when you felt this way? What was it that attracted you to your current workplace – the people, the aura, the ping pong table? Take a look at what you have and write down fifteen things that you appreciate about your company. Camaraderie with your co-workers? Flexible work schedule? A parking spot? Casual dress on Fridays? Challenging projects? A sense of stability? Post this list where you can see it and review it before you set out for the day.

### **First Date:**

Perhaps it is a visit to the company or an informational interview. How did this “first date” feel? What were the people

like? Could you envision yourself working there? Were you ready for a second date?

### **Courting:**

You are now enamored with the company, position, career and would do anything to work there. In one of my first job interviews out of college, I commented that I would “wash dishes” to work there – I was so impressed with the resort. I got the job and did not have to wash dishes, yet I truly would have.

### **Marriage:**

You signed your paperwork and now what? Once I started one of my first careers, I found that it was not as glamorous as it looked from the outside. In addition to this, people could smoke in the office (late 80’s) and I was not popular when I was successful in getting this changed. I decided I would “create my own world” with clients, colleagues, community, non-profits and stayed for over two decades by looking at the positive and creating a department and culture that I wanted to work in.

### **Honeymoon:**

Some honeymoons do last forever. That said, no job is perfect. There will be people that you do not like, projects that are not appealing and clients who are not ideal to work with. Focus on the positive. Why did you join this industry to begin with? Is it one step on your career ladder or do you plan to climb to the top? When you focus on the things that you do like, your mindset is focused on success for all – clients, coworkers, vendors and

community. So much of our success or failure begins in our minds.

### **Challenges:**

“Change the way you look at things and the things you look at change.” These are wise words by the late Wayne Dyer. We all face challenges in our personal and professional lives. If you are miserable everyday – is it due to a toxic work environment, a difficult boss or is it your attitude? Why not practice looking at things differently for three weeks and see if your challenges improve. It takes 21 weeks to change a habit which will serve to improve your mindset.

### **Renewal of Vows:**

It is time for a refreshed mindset. How we see ourselves and our lives can make us or break us. Liken yourself to a magnet, attracting positivity or negativity. What do you choose? Wake up and expect good things to happen to you! The very first thing in the morning, set patterns of success - prayer, meditation, yoga, a phone call with someone upbeat. Make sure you carve out at least ten minutes for you.

### **Kiss Your Desk!**

My father always guides us to “Accentuate the positive.” You can always find something to complain about. Counter each negative with three positives – and KISS YOUR DESK!

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A lifelong student and humanitarian, Gail believes that we all have the capability to be a leader in our own lives, influencing the lives of others to positive peak performance and success. She can be reached at 401-640-4418, [gail@gailspeaks.com](mailto:gail@gailspeaks.com), twitter: @gailalofsin and [gailspeaks.com](http://gailspeaks.com).