



Monday's Motivational Message

August 2010 - August 2011

August 8, 2011

Monday's Motivational Message ~ Love Who You See

Integrity is doing the right thing when no one is watching. Look in the mirror and love who you see.

August 1, 2011

Monday's Motivational Message ~ Have You Lost That Lovin' Feeling?

If you are not as enthusiastic about your work life as you used to be, there are a few things you can do today to put somewhat of a sparkle back into it. One way is to write a small positive message and place it in an inconspicuous spot. A few ideas could be, "My job is fun; Today is a good day; I like what I do; I like my co-workers; I'm proud of myself; It is a beautiful day." The message should be uplifting and hopefully it brings a smile to your face throughout the day.

July 25, 2011

Monday's Motivational Message ~ Attitude is Everything

As Earl Nightingale has said, "It's our attitude in life that determines life's attitude toward us." How true that statement is. You just may be amazed at how others will respond to you. Choose to make your day a positive and joyous one.

July 18, 2011

Monday's Motivational Message ~ One Size Fits ONE!

I recently heard that because of the differences between the various generations we have in the workplace today, we need to be cognizant of many unique needs. Today is not about "one size fits all." It is much more about "one size fits *one*." What a true statement!

July 11, 2011

Monday's Motivational Message ~ Goals that Matter

Have your goals in a place where they will be visible to you each and every day. This way, as you make decisions and choose where to spend your time, you will better ensure that your decisions are closely aligned with your goals and what matters most to you.

July 4, 2011

Monday's Motivational Message ~ The Power of Influence

Whether you know it or not, every person has the ability and does influence others every day. Is your circle of influence positive or are you sending and receiving negative signals? Those we choose to hang around with we begin to mirror. Be certain you are influencing and being influenced in the right ways.

June 27, 2011

Monday's Motivational Message ~ The Wall of Resistance

Are you resistant to change? If so, have you ever thought why that is so? I believe people become resistant to change when they feel that they have no say in the change itself. When change happens to someone, they feel powerless. However, when we are part of the process of the change and we can somewhat influence small aspects of the initiative, we are far more apt to support it and not resist the change, simply for the sake of resisting it.



June 20, 2011

Monday's Motivational Message ~ Uplifting People are Contagious!

When you're in a conversation with a cynic, possibilities seem to have a way of disappearing. On the other hand, enthusiasm for life is contagious. Being in a conversation with an optimist opens us up to see more and more of life's possibilities. Surround yourself with uplifting, positive people, as it will enhance your life significantly.

June 13, 2011

Monday's Motivational Message ~ The Power of Positive Attention

Refocus your attention, away from the root causes of the problem, and toward those parts and pieces that are working. You're not ignoring the problem. Don't focus on the cause, focus on the solution.

June 6, 2011

Monday's Motivational Message ~ Love, Enthusiasm & Passion

It may be the four thousandth time I have kissed my husband, but it is always like the first when I approach it with love, enthusiasm and passion. Take a moment to express these feelings today!

May 30, 2011

Monday's Motivational Message ~ Treasure Today

Yesterday is over. Tomorrow may never be seen. Today is what really matters.

May 23, 2011

Monday's Motivational Message ~ Choose to Be Happy

Happiness consists of not having, but of being. The basis of happiness is to love something outside of our self. Most of us have many brief moments of happiness every day, regardless of what else is going on. The key is to notice them!

May 16, 2011

Monday's Motivational Message ~ Continue to Learn & Grow

Many people get into the habit of saying no to new experiences, preferring to be locked into a comfort zone that restricts their growth. They choose to do things only that are somewhat familiar to them. You won't know what you could become if you are unwilling to stretch yourself. Being uncomfortable with a new endeavor is healthy. Pushing ourselves challenges us to look past our current abilities and to question what we are capable of; what is possible.

May 9, 2011

Monday's Motivational Message ~ Invest in Yourself

Invest in what's important to you – invest in earning, learning and serving. Believe in yourself and in your passions. Invest the time and energy necessary at becoming *your* best at it.

May 2, 2011

Monday's Motivational Message ~ Live Life One Moment at a Time

Measure life in moments and experiences; not in quantitative success.

April 25, 2011

Monday's Motivational Message ~ The Truth about Giving

The more you give the more you get, as long as you don't give to get.



April 18, 2011

Monday's Motivational Message ~ Lots of Giggles a Day, Helps Keep Stress Away

A sense of humor is one of the many qualities that initially attracted me to my husband when we first met. I look at laughter as an amazing medicine. It has the power to distract your attention, change attitudes, alter perspective, reduce tension, and it even brings us and those around us a little happiness.

April 11, 2011

Monday's Motivational Message ~ Real Saying

I love to share fun, new sayings that I hear, so here it goes...“Cut it to shape, beat it to fit, paint it to match.” To me, this means do what you can with the stuff you have instead of adding more clutter to your life. The less clutter you have the more time you can spend on important people or things that you value.

April 4, 2011

Monday's Motivational Message ~ Focus on Walking, Not Falling

Before the 1993 Super Bowl, former Dallas Cowboys coach Jimmy Johnson told his team, “If I laid a two-by-four across the room, everybody here would walk across it and not fall, because the focus would be that we are going to walk that two-by-four. But if I put that same two-by-four, 10 stories high between two buildings, only a few of us would make it because the focus would be on falling. Focus is everything. The team that is more focused today is the team that will win this game.” Johnson told his team not to be distracted by the crowd, the media, or the possibility of losing, but to focus each play of the game itself just as if it were a good practice session. The Cowboys won the game 52-17. Now that's focus!

March 28, 2011

Monday's Motivational Message ~ A Perfect Stranger

I recently enjoyed lunch with a colleague who told me an amazing story. He shared that last year his wife's illness took a negative turn and she found herself needing a kidney transplant. After numerous family members determined they were not matches, her future appeared less than bright. Then one day, a perfect stranger who worked for the same company as my colleague's ill wife, came forward and wanted to genuinely help. She said that she would immediately get tested and if she was a match she would give her one of her healthy kidneys. They had never met before that day. As the story goes, this perfect stranger had a perfect match and the rest is history. People do amazing things each and every day. Choose to focus on the 'good' in others and more 'good' will follow you.

March 21, 2011

Monday's Motivational Message ~ Listen & Learn at “Lights Out”

For those of us who are parents, tuck-in time at night for our kids can bring different emotions, given our experiences of the day. We may feel relief, anticipation, agony, joy, or contentment, to name a few. However, when I tuck-in my youngest son, I usually feel a different emotion; I feel curious. My youngest son takes this opportunity to share amazing facts, heartfelt stories, or things that are weighing on his mind. We both look forward to this time together for different reasons. I believe he likes the quiet one-on-one time with mom, wanting answers to questions or simply wanting me to validate something he has been pondering. For me, this is my time to listen and learn. By carefully listening to those words expressed along with observing the unspoken words too, I gain a tremendous amount of knowledge about friends, worries, interests, funny moments, etc. This time is a part of my day I truly treasure, because before I know it, those moments will end with his bedtime surpassing that of mine.

March 14, 2011

Monday's Motivational Message ~ Interest versus Commitment

If you are interested in becoming more physically fit, you likely will work out when you make time to do so; when it works with your schedule. However, being committed to increasing your level of fitness is far



different. When you're committed, you are determined to make it happen. Failure is not an option. You can't be partially committed the same way you can't be partially pregnant. So choose to be committed to what you truly want out of life and watch it transform before you.

March 7, 2011

Monday's Motivational Message ~ *Look Integrity in the Mirror*

Everyone has the capacity to do the right thing when someone is watching; this is easy. However, integrity is doing the right thing when no one is watching. Look in the mirror and love who you see.

February 28, 2011

Monday's Motivational Message ~ *Reclaim Your Life*

Many, if not most, people find themselves in routines that they rarely question. They accept ordinary over extraordinary. Why? Reclaim the life and the passions that you desire. Start with looking inward at yourself and what you truly want out of life. Breakthrough 'normal' and 'regular' and reach far beyond what you think is possible. You can achieve anything you put your mind to.

February 21, 2011

Monday's Motivational Message ~ *Finding Joy*

Life can be difficult, complicated and quite daunting at times. Happiness and joy, though, are pretty simple. Spend a few minutes each day looking for things in your life that bring you joy. Some days may be harder than others, but we all have people in our lives that touch us deeply, whether they are with us today or are forever in our memories. Honor those feelings, thought and memories, as they will help you to experience daily joy.

February 14, 2011

Monday's Motivational Message ~ *Laughter Can Be a Vacation*

With a struggling economy, many of us can't even begin to consider taking a vacation this year. I have learned though, that what I gain from a vacation is solace, relaxation, and an ability to let go of any stress for a short time. What I've also come to realize, is that laughter, which is 100% free, can also be a short vacation for me. It provides a similar ability to cherish the moment and enjoy it for what it is worth...without feeling any stress.

February 7, 2011

Monday's Motivational Message ~ *Visualize it, Embrace it, Commit to it*

Imagine the possibilities the world has to offer; visualize it. Understand what you are truly passionate about; embrace it. Decide to make your dream a reality; commit to it. And as a huge Packer fan, we did it! Congratulations to the Green Bay Packers on becoming World Champions in Superbowl XLV!

January 31, 2011

Monday's Motivational Message ~ *Instant This, Instant That*

In today's world, whether it is at a corporate level or an individual one, we seem to be highly motivated by the here and now; what we can have or get in an instant. Where has our patience gone? We focus on instant gratification, instant rewards, and instant profits. There are plenty of people who begin life in luxury and end it in poverty and likely just as many that start being poor and end up millionaires. We shouldn't rely on or blame our past; instead we should understand our circumstances and react accordingly. If you need to gain knowledge, learn it. If you need more practice, do it. If you need greater patience, adjust it. The beauty is, no matter how we came into this world, we do have control over our reaction and our choices in life. Try putting the "instant" stuff aside, and commit to achieving your goal. There are few better feelings than accomplishing what you set out to do...especially if it was super challenging.



January 24, 2011

Monday's Motivational Message ~ A True Surprise is a Gift

When was the last time you pleasantly surprised someone? I mean really astounded them? For my parent's 25-year wedding anniversary, I hired a stretch limousine to pick us up, take us out to a wonderful dinner and then drive us home. My Mother was clearly shocked by the expression on her face. She also told me that this was one of the few times in her life that she was truly surprised. I am proud and thankful that I was able to offer her that gift, as it was a bigger gift to me to see her smiling face.

January 17, 2011

Monday's Motivational Message ~ Color Your Life

A box of crayons includes tools with which to create beauty. Only you can create the beauty and fill your life full of color. Happiness is color-rich and can be simply created with small strides. Color your life with beauty, one crayon at a time.

January 10, 2011

Monday's Motivational Message ~ Courage Matters

Courage helps us to make a huge difference in our lives and in the lives of others. Courage plays a big part in creating great dialogue because it's often what's not being said that needs to be said. Listen. Empathize. Courageously and candidly engage.

January 3, 2011

Monday's Motivational Message ~ You Can't Fail Unless You Stop Trying

I believe that the only way one truly fails at something is if he/she stops trying. Because even though something may not go your way, you hit an obstacle, or the adversity becomes intense, we can always change course or learn from a mistake that we've made.

December 27, 2010

Monday's Motivational Message ~ The Best Things to Own Are Those You Earn

Think about all of the stuff you have? All of the items you own? Which of them truly matters? My guess is that those things that matter most are those that have an emotional meaning behind them. When we work hard and earn something, we have a sense of accomplishment and meaning now attached to it. We'll remember it and more likely treasure it.

December 20, 2010

Monday's Motivational Message ~ Chill Out

Sometimes our long list of to-do's screams intensity and stress to not only us but to others as well. Stop driving yourself and others off the edge. Chill out a little and take a moment to breathe. Remember, the person down the road that just died of a heart-attack, had a list of tasks to do today too. The tasks may be important, but not everyone is critical. Take a cleansing deep breath, close your eyes, exhale, and try to let your body relax...even if it is just for one minute.

December 13, 2010

Monday's Motivational Message ~ Project a Positive & Confident Professional Image

Putting your best professional image forward is critical to your success. Image comes in many forms, like poise, language use, tactfulness, attitude, responsiveness, dress/attire, organizational skills, etc.



December 6, 2010

Monday's Motivational Message ~ What Gets Rewarded Gets Repeated

Recognize, compliment, and reward those who make a difference. Set the tone and showcase the behaviors that you want repeated. Stop reinforcing the bad, and start acknowledging the good, better, and best.

November 29, 2010

Monday's Motivational Message ~ Is Life a Choice?

Someone once told me, "Life is a choice." And I wondered if that was really true? Is life a choice? Doesn't stuff happen to us, even without us wanting it to? Yes, unforeseen circumstances happen to us, and they happen on a somewhat regular basis. We can't change the circumstances of a situation, but we can change our reaction to it.

November 22, 2010

Monday's Motivational Message ~ Balance Work & Pleasure

If most of your life revolves around your workplace, it is easy to see why you may not be able to relax and keep tasks separate. You need variety and good balance. Find a hobby, make friends with people both inside and outside your company, give yourself a break. You'll come back to work more relaxed, have greater energy, and be able to enhance your productivity.

November 15, 2010

Monday's Motivational Message ~ What is luck?

My husband says that luck is where preparation meets opportunity. If you were not prepared you would not spot the opportunity and/or you would be unable to take advantage of the opportunity. I believe you create your own luck. Whether you think you have good luck or bad luck...you do. Because what you think becomes your reality.

November 8, 2010

Monday's Motivational Message ~ You Rock!

When was the last time you went home after a long day of work and said to your significant other, "Guess what, honey? Today I was totally mediocre." Chances are, the answer is never. People inherently feel the need to go to work and do their best work, as long as that work is appreciated. One of the coolest ways I was once recognized was by being sent an e-card (when they were fairly new) and as I opened it a cool guy came out and put a huge thumbs up and said, "You rock!" The message from my supervisor then went on to say specifically what about my performance was so great. Positive performance-specific feedback – this is the best kind to receive. *It didn't hurt that a bonus was attached to it too.*

November 1, 2010

Monday's Motivational Message ~ Make a Great First Impression

It takes just a quick glance, maybe three seconds, for someone to evaluate you when you meet for the first time. In this short time, the other person forms an opinion about you based on your appearance, your body language, your demeanor, your mannerisms, and the first few words out of your mouth. These first impressions can be nearly impossible to reverse, so making these first impressions is important. Here are some strategies for helping you to put your best foot forward: Be prompt, relax, dress appropriately for the venue, smile, demonstrate a comfortable level of confidence, be positive and attentive, demonstrate courtesy, and engage in conversation by asking meaningful questions. Never be the one to constantly talk about you.



October 25, 2010

Monday's Motivational Message ~ Think Before You Dial

Set aside a specific time to make your outgoing calls, including return calls to people that have left messages for you. This way you won't disrupt yourself in the middle of a task to make a call you just remembered you need to make. You'll also be better able to focus on the conversation and the needs of the person you are calling. Plan out your conversation, so that in the event you don't reach them live, you are able to leave a professional message that conveys the information you intend.

October 18, 2010

Monday's Motivational Message ~ Telephone Courtesy

Always be professional and considerate when utilizing the telephone. If you decided to take calls when you are with other people, excuse yourself and leave the room but remember the people you are with may feel less important than your caller. I feel it is best to use the silent mode or simply turn it off until you are available again. This way everyone you interact with feels special.

October 11, 2010

Monday's Motivational Message ~ Motivation Differs

It is important to understand what motivates you and each of your direct reports, if you have them. Motivation is unique to each of us. People can be motivated by time off, money, recognition, challenge, promotions, responsibility, or even simply learning something new. Once you understand what motivates you and your staff, be sure that performance rewards are integrated into your goals. This way, when you achieve the desired goals, you will earn a reward that continues to provide a source of motivation for you.

October 4, 2010

Monday's Motivational Message ~ Every Moment Matters

Usually we don't stop to consider the impact of brief interactions. But numerous times throughout each given day, we are offered turning points that can dramatically impact our lives...if we realize it for what it is. Were you just gifted some meaningful praise that simply made your day? When you take a moment to compliment someone for the great experience you just felt, do you understand the enormous impact it may have just made on someone's life? Take time each and every day to celebrate small moments. Whether it is enjoying a compliment sent your way or giving a gift of praise to someone for his/her efforts, these simple acts of kindness matter in our lives. These moments do matter to us and to others. It only takes a brief moment to appreciate or to make a difference.

September 27, 2010

Monday's Motivational Message ~ Achieving & Sustaining Happiness

Happiness is not as much a trait as it is a skill, meaning it does require focus and practice to keep it a constant in your life. Like tennis, if you want to be a good tennis player, you can't just pick up a racket. You have to practice and continue that discipline to maintain this skill. One way to find happiness is to avoid "if only" thoughts. If only I get a better job...find a man...lose the weight...life will be perfect. Happy people don't buy into this kind of thinking. Instead, I believe happy people keep their lives full of fun, laughter and interesting endeavors. By practicing simple acts of joy often and focusing on the good in your life, you can literally transform your way of being and become a much happier person.

September 20, 2010

Monday's Motivational Message ~ Memorable Impressions

Did you know that you have just seven seconds to make a first impression? In a little more than the blink of an eye, everyone you meet will make a judgment about your age, income, marital status, education, interests and more. They may or may not be right about you; only time will tell. However, making an extraordinary impression on the right person could set your career or life on a new path. Choose to make



a positive, memorable impression with those you come in contact with because you never know where it may lead.

September 13, 2010

Monday's Motivational Message ~ Appreciate & Recognize Others

Two of the most powerful forms of motivation are 'feeling appreciated & recognized.' Remember though, these are not just leadership functions. We can all take the initiative and both appreciate and recognize colleagues that we work with, by simply noticing and saying thank you. Increase productivity and morale with a simple gesture, because most of us do like to be recognized for the effort we put forth and the difference we do make.

September 6, 2010

Monday's Motivational Message ~ Forget Perfect

First and foremost, accept the fact that there's simply not enough time in our lives to floss our teeth daily, pick every weed, change our car air filter as advised, cut out the carbs, work all the major muscle groups 4-5 times per week, plan a secure financial future, and liberally apply sunscreen to every uncovered area. At least, I find it quite difficult if I insist on sleeping more than 4 hours per night...which I do. Stop trying to be perfect. No one is and no one should expect you to be.

August 23, 2010

Monday's Motivational Message ~ Simple Pleasures

What I find matters most in life are the simple pleasures so abundant that we all can enjoy them; the values that define us, the emotional connections with family and friends, and happiness with giggles and laughter. Take a moment to honor and treasure those simple pleasures.

August 16, 2010

Monday's Motivational Message ~ Unconditional Love

I appreciate the unconditional love from my five-year old miniature poodle, Snickers. He quietly lays his head on my leg and looks at me with his warm, gentle eyes, as if to say, "my turn." "It's time to play with me." He loves me without any conditions. Not one. Appreciate the unconditional love that pets give so freely.

August 9, 2010

Monday's Motivational Message ~ Imagination

I once read that imagination is about seeing. We begin by seeing what is really there and then we start to see what is possible. Imagination...let yours wander today.