

Creating Excellence with Enthusiasm and Self-Empowerment
Roz Trieber, MS, CHES

“Think highly of yourself for the world takes you at your own estimate.” ___ Anonymous

Picture this: You can't sleep. Constant stress, day in and day out; all you can think about are heavy workloads, unrealistic deadlines, difficult working conditions, difficult people, and mandatory meetings. It's going to be another crummy day! Change your thoughts, change your results. It's easier than you think!

Wake up, love that beautiful body you see in the mirror, be passionate about the work you do, brew yourself a cup of “joy juice,” insert your favorite DVD or CD (the one that makes you laugh the most) into your DVD/CD player and voilá, you are energized and feel like a million dollars; and that's felling good enthusiasm, positive energy, and positive thought.

The truth of the matter is “thinking matters!” What you think and believe about yourself, your job, and what kind of attitude you have is the foundation for creating excellence with enthusiasm. It begins with you. How much do you think of yourself as the best at what you do now? If you are having a problem with this concept, put a sign on your door that says “I'm Awesome.” Or you can visualize a great big beautiful, grey, white tusked pachyderm balancing himself standing on a ball on one leg! Do you have an “I can” attitude equal to that of the pachyderm? Let go of having to have the last word or having to be right!

Find positive things to say about the people you work with, even when you don't feel like it. Give that person a reason to feel good about the work he or she does. You are a true leader influencing those around you with positive energy. You have just demonstrated an act of kindness as well as making those around you feel important, productive, and motivated.

Choosing a positive and fun attitude means you are able to demonstrate the positive reception of the gifts and talents of all of the people with whom you are working. You are able to let go of knee-jerk judgment and your expected outcomes. Being truly present and aware of what's happening in the present moment, you will be open to new ideas and new ways to approach the situation. That genuine smile you happen to be wearing tells people you love life and you are there to welcome them in an environment of appreciation and productivity. The opportunity to create excellence knocks at your door.

Give yourself permission to adapt a creative and fun attitude. A creative attitude allows you to focus on how to make things better at work and at home. As a leader you are not spending time complaining and moaning, you are looking to bring joy and fun wherever you are. Tapping into your sense of humor and wit gives you the opportunity to create cohesiveness and communicate sensitive information in a way your co-workers get the point minus the anxiety associated with negative situations. Non-offensive humor diffuses tension and anxiety, reduces stress, and increases resiliency, building bonds between people. Humor and laughter create shared perspectives creating positive energy.

Try positing one-liners around such as this one from Steven Wright “Yesterday I Parked My Car In A Tow-A-Way Zone... When I Came Back The Entire Area Was Missing.” Create your own top 10s or share funny stories about work and personal life. Joy comes from the work itself and from the working community.

What kind of energy do you give off? All of us are part of great swirling invisible positive and negative energy fields. In order to create excellence with enthusiasm and self-empowerment, we need to know how to harness positive energy-loving and nurturing forces from within; that is compassion, courage, forgiveness, and faith. Most of your brain is not conscious of your world, just what you feed it. If you feed negative thoughts, then your mind will build a world of suspicion, defeat and even hate. Negative energy alienates us from being our best selves. We can generate it with our own fear, self loathing, rage, or shame. Stop focusing on everything that doesn't work right.

Positive thought looks for other positive thought energies to bind with. When we can be the best people we are capable of being, we spread positive energy, we heal, and we influence the energy and behavior of others. Harness positive energy by calming your mind focusing on your breath (taking in a deep breath) letting your thoughts go by without judgment, exhaling deeply to activate the relaxation response. You only need a minute to do this. Your body will love you; you will love how you feel and the ability to respond with confidence, and your co-workers will love you even more. Be open to inspiration and creativity, and take pleasure in laughter and play. Create Excellence with Enthusiasm and Self-Empowerment to the power of Thought!

Contact Roz: Roz@humorfusion.com