

work**awesome** WEEKLY

18 January, 2012

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We're Back! Welcome to the WorkAwesome Biweekly



Hola and a happy New Year to you!

It's a New Year - a time for new perspectives, new breakthroughs and new beginnings.

Did you make a resolution? By now, are you tired of discouraging op-eds and posts about how you're going to give up by February or June at the max? I don't have a resolution to stick to but I've skimmed at least a dozen articles telling me how I *will* lose my goal by mid-year and how to avoid it. Tsk tsk.

In fact, the Internet and magazines are abuzz with the word "resolution". I can't speak for everyone, but frankly, it's a getting close to a fad. Why does one have to resolute at the New Year's Eve at all? Why can't we take up something mid-year? Why wait for a 12/31 of every year to follow your dreams? I stopped having milk tea in the mornings a few months ago and replaced it with warm water. Whereas I did not change anything come 1st January.

Perhaps it's the communal spirit that helps. Or may be it's a kick in the butt because you hear your ego loud: "yet another year's lost". May be it's in the air.

In this issue

For the serial skimmer, here's what we have on WorkAwesome this week:

- How to Beat Post Holiday Blues on the Job
- Are You Working Under an Effective Leader?
- Live Healthier and Longer With Less Effort: Consider a Crosstrainer
- Relocation: 5 Tips for Keeping Your Sanity
- Answering Life's Hard Questions with Lori Deschene
- How to Add More Weight to Your Entry Level Resume

Who knows?

This doesn't mean I hate the practice. By all means, I encourage it. Just that don't wait for a day to mark a change in you. It's like saying a writer waits for the spirit to move him - and until then, he doesn't write. So do it when you know you must.

Put a positive mindset, courage and passion in each day. If you're passionate enough about your goals, you will set things right.

And if you are a resolution-maker, we applaud your efforts and send you good luck. We're thrilled for you -- you *will* make it!

I'll leave you with this:

"We will open the book. Its pages are blank. We are going to put words on them ourselves. The book is called Opportunity and its first chapter is New Year's Day." ~Edith Lovejoy Pierce

The juicy stuff, great content, and timely tips on how to make your journey even more awesome will, of course, continue on WorkAwesome.

Until next time, thanks for reading and keep being awesome!

Pooja Lohana
Editor, WorkAwesome

Tip of the Week: How to Focus

Also check out our sister site, [ThinkSimpleNow](#).

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How Much is Optimum Anyway?

You may have heard about the 80/20 rule.

Simply stated, 80% of your results almost always comes from 20% of your effort.

After “geeking out” on this principle for a while, it occurred to me that if 80% of my productivity came from 20% of my actions, I could choose to focus all of my energy on the 20% — and this could result in a 400% increase in productivity.

But in order to accomplish this, I think there are 2 keys to achieving this optimum state:

1. **Motivation.** Motivation is the fuel that drives any achievement, and even if you think you're [motivated](#), are you really?

There's one thing that's more motivating than any other, and that's life and death.

You can choose to perceive that you have everything to gain by achieving a goal and everything to lose by not, and this can push you in the direction you WANT.

2. **Accountability.** Accountability works incredibly well to create results, because sooner or later you will screw up. Humans are incredibly talented at conning themselves out of doing what they know they should do. When you have someone else keeping you on track, you will be much more likely to stay focused and get what you need to do.

-- Logan Parker, [How to Focus Your Energy Like a Laser Beam](#)

Useful Links From Our Network

Here's a compilation of the best articles from the our network that you may have missed:

1. [Office Music -- Yay or Nay?](#)
2. [How to Write Faster](#)
3. [Simplify Your Life this Year](#)
4. [The Story of Expanded Awareness](#)
5. [How Great Leaders Inspire Action](#)
6. [How to Live](#)



Recent Posts



How to Beat Post Holiday Blues on the Job

Whew! The holidays are over and you have either been enjoying some down time off to lounge around, or you have been going a million miles per minute. Now. . . it's time to get back to reality!



Are You Working Under an Effective Leader?

Although many professionals hold leadership positions in the workplace, not everyone is cut out for the responsibilities that come with the position of an effective leader.



6 Steps to Stop Caring What Other People Think

You may be aware that in life, most things typically exist on two levels. To succeed at relationships for example, you must fix your inner game – your self confidence, maturity, self esteem.



Dangers of Working at Home -- And How to Fix It

Working at home has become very popular in the last few years. It has many benefits over regular way of working at the office: no commuting, you have more time to spend with your family and you get more done, because you don't have the distractions of the open office.



Success Plan 2012: Part I Committing and Achieving the Dream

We all have dreams and make resolutions for a more fulfilling life. Yet we fail achieving the dream with a solid plan of attack. Dream too long and you'll look back on a life's path scattered with the tombstones of lost opportunities.



Answering Life's Hard Questions with Lori Deschene

About a month ago, I heard from Lori Deschene, Founder of Tiny Buddha. Lori, with her creative writing and ideas, has created a community of like-minded people which is growing every second as you read this.

