

WORKPLACE WISDOM NEWSLETTER

Consistency Counts! What does it mean to be consistent?

October 26, 2005

**Being consistent means your dependable!
We can count on you to deliver on your word or your promise!
You won't fade when we need you.**

The cartoon character *Popeye* was famous for his one-liner:
"I 'yam who I 'yam!!"
Meaning? "I am who I am. I'm always the same. I'm always Popeye."

It feels good to be around someone who is the same each time we see them. It is assuring to live and work around people who respond consistently.

How important this is to building strong relationships in the workplace...or in our personal lives, for that matter.

- * What do you think of a field goal kicker who is inconsistent?
- * What do you think of a colleague who is inconsistent in producing results?
- * What do you think of a loved one is inconsistent in displaying their feelings?

Others' inconsistencies cause us to be anxious because we're unsure of what will happen. We find ourselves nervous (and a bit weary) as we "hold our breath" waiting for whatever is coming next.

The bottom line is that *we don't like to be around inconsistent individuals*. When people treat us one way...and then later on, they treat us another way..., we find ourselves wanting to be around someone else...someone who is dependable.

**This little lesson we're reminded of today is rather simple.
Being consistent is worth every bit of our effort.
When we allow our feelings and behaviors to run "hot-and-cold", we
frighten other people away.**

I know we sometimes are running late; or we have to "cut corners" to meet budgets and deadlines; or sometimes our emotions can burst out in front of our intellect! And sometimes, we act or respond in embarrassing ways.

**But for the most part, it's important to work on being CONSISTENT.
Be a person tht other people can count on.
Be there. Be steady. Deliver.
Be who you say you are...and do it when others aren't even looking!**

People make decisions about you all the time, like these below:

You're dependable or undependable.

You're authentic or fraudulent.

You're very skilled or only slightly skilled.

You're refreshingly honorable or scare the heck out of your colleagues!

**What is at stake?
Your reputation...nothing less.**

You are respected because of your reputation.

You are promoted because of your reputation.

You are befriended because of your reputation.

You are exposed to new opportunities because of your reputation.

So, please, join me and....

let's all work at being who we say we are - - both when we're among crowds of people **AND** when we believe no one else is looking (because someone usually is!).