

WORKPLACE WISDOM NEWSLETTER

People Are Watching You

America is facing tough challenges.

The media magnifies and sensationalizes our troubles.

We, as an American people, ARE concerned, even depressed.

We're told that things have not
been this bad in our world for 2 or 3 generations!

What do I think? I think others are watching me.

- If I am negative, I can generate a negative environment around me.
- If I talk about how worried I am, I foster "worry" and see it grow in others.
- If I sensationalize "bad news", I become part of the problem.
- **However,.....**
- If I can radiate hope, I watch my encouragement change another person.
- If I can find "the lesson" and teach it to others, I have helped carve a better future.
- If I can take care of my responsibilities, I am not blaming or leaning on others.

Will my setting a positive example make any difference with today's challenges?

- Yes, because group - or team - behavior is contagious. You ARE watched.
- Yes, because leaders find followers saying and behaving the same as they behave.
- Yes, **ONLY** positive, forward-thinkers will change the world for the better.
- Yes, there's a longing for a "positive voice". People WANT good news.

None of us have any idea how many people we influence in a lifetime.

- **Our own family - silently, they watch us through times of ease and stress.**

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- Co-workers - silently, they watch us handle successes and challenges.
- Neighbors - silently, they watch us extend (or not extend) a helpful hand.
- Friends - silently, they watch us deal with issues that elate and disturb us.
- Casual encounters - silently, we demonstrate our values.

One woman told me, *"I like for you to come into our shop. You always have a smile and a positive word to say."* (The store owner was watching.)

One couple said to their physician, *"When you spend time with us, you cheer us up!"* (The couple was watching!)

A participant in one of my workshops said the opposite: *"My boss never smiles and never has a nice word for anyone. He acts angry and only wants more-and-more production. It's NEVER enough!"* (Your employees are watching, "Mr. Boss".)

So what can we "DO" in these VERY CHALLENGING TIMES?

Here are a few suggestions, always remembering "others are watching us":

- We must be practical - and behave prudently.
- We must speak positively about our country.
- We must remember the price paid for us to live in freedom.
- We must find solutions that are beneficial now AND in our future.
- We must never forget that we're an example and others are watching us.

Years ago, I heard a sermon that has stuck with me. It was titled:

"Without hope, we wander!"

The message was that hopelessness leads to aimlessness. The one most sustaining thing we can do is to never lose "hope". We hear it often said of terminally ill patients, "Their hopeful attitude drove their recovery!" Hope is not squishy, silly, or superficial. Hope is at the root of all the good we do or will ever do, both personally and professionally. We WORK toward a better way. We EXPECT things to "work out for the good". We BELIEVE that we can make a positive difference.

Others are watching. On a daily basis, the media recites statistics that bring us fearful, sad, or negative news. Statistical results are manipulated by a host of variables (that are often not mentioned). To get the results wanted for a story, simply adjust a few variables, then report "AN AMAZING NEWS RELEASE"!!!

College "Statistics 101" taught me that!

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I suggest you "part ways" with the media when:

- Their "statistics" for an economic recovery cause you to lose hope.
- Their "statistics" for reporting that our benevolence to other people/nations is hopeless.
- Their "statistics" of how much our country is divided leads you to feel good will is hopeless.
- Their "statistics" discourage you from doing your best at work and at home.

**STOP!
YOU DO HAVE INFLUENCE!**

Use your influence in a positive way.

It will be YOU and ME that bring us through these difficult times. We live in a democracy. Use your influence to speak positively about our world, our country, our companies, our economy, our neighbors....and most of all about those we love.

**Use hopeful self-talk.
Demonstrate your "HOPE".
Let your heart be filled with "HOPE",**

**and then,...
hopeful words come from your mouth
and proactive behavior results!**

**This nation is in OUR hands.
Make today a great one in America!**

Influence those who are watching.