

# Stuff That Works Building Careers

## Chapter 24

### “Love What You Do”

Take Action



# **Stuff That Works Building Careers**

## **Chapter 24 Take Action: Content**

- List 10 activities you do at work. Score each one as hate, neutral, love.
- Now work to love all 10 items on your list above. Make the items you hate a game and find a way to love them. Chant in your mind over and over I love my job! I love this activity! etc... Yep brain wash yourself. Life is too short not to love every day.
- Select an item you hate. List why you hate it. Now list why you should love it. For example it is required to achieve my company objectives and because my personal objectives are aligned with that I really should love doing this task. Doing this task I used to hate actually gets me what I want and so I love it. Find a way to reward yourself for loving the task.
- Invest time on [Stuffthatworksbooks.com](http://Stuffthatworksbooks.com)



# Stuff That Works Building Careers

Chapter 24 Take Action: Action 1

List 10 activities you do at work. Score each one as hate, neutral, love.

## ACTION

I do this whenever work becomes a burden. When I find myself hating the drive in or I feel like rolling over and not getting up then I stop and do this exercise.

If I have to do it more than 3-4 times in a month I find a new job. If I have to find 2 new jobs in a year then I know I am the issue and I seek help to change.

There are things in every job that I hate at some time. The key here is to recondition yourself so that you have more that you love than you hate.

This is the process that has worked for me. Find a way that works for you.

## EXAMPLES

ACTIVITY	SCORE	ACTIONS
Expense Reports	Hate	
E-Mail	Hate	
Planning	Love	
Meetings	Neutral	
Updates	Hate	
Building Presentations	Love	
Delivering Presentations	Hate	
Receiving Training	Neutral	
Training Others	Hate	
Analyzing Data	Neutral	



## Stuff That Works Building Careers

Chapter 24 Take Action: Action 2

Now work to love all 10 items on your list above. Make the items you hate a game and find a way to love them. Chant in your mind over and over I love my job! I love this activity! etc... Yep brain wash yourself. Life is too short not to love every day.

### **ACTION.**

For me it is all about challenging myself to excel at each item. I usually hate the things that do not challenge me.

Your motivations are probably different so you will need to understand yourself and then act to make the change.

The key to this is to understand yourself and be mindful about changing yourself.

### **EXAMPLES**

ACTIVITY	SCORE	ACTIONS
Expense Reports	Hate	Schedule Monday 8-9 to get them done. Make it a game
E-Mail	Hate	Schedule 4-6 Each Night and clear daily. Keep score
Planning	Love	NA
Meetings	Neutral	NA
Updates	Hate	Jazz up Presentation and make it fun
Building Presentations	Love	NA
Delivering Presentations	Hate	Read a book and apply tactics. Challenge self to use all tactics in a month
Receiving Training	Neutral	NA
Training Others	Hate	Work to improve skill. Have students grade me.
Analyzing Data	Neutral	NA



## Stuff That Works Building Careers

Chapter 24 Take Action: Action 3

Select an item you hate. List why you hate it. Now list why you should love it. For example it is required to achieve my company objectives and because my personal objectives are aligned with that I really should love doing this task. Doing this task I used to hate actually gets me what I want and so I love it. Find a way to reward yourself for loving the task.

### **ACTION.**

It is important to face the things you hate head on. You can improve your thinking about these items and by doing so you can come to a better place.

Each of us has different motivations. This chapter has been about learning what motivates you and applying it in a way that you can feel better about your work.

If you love what you do you will do it better. Doing it better and loving what you do will build your career.

### **EXAMPLES**

ACTIVITY	HATE	LOVE
Expense Reports	<ul style="list-style-type: none"><li>•Brainless</li><li>•Take Time</li><li>•Do not make me better</li><li>•Pile Up</li><li>•Required Deadline</li><li>•Relentless</li><li>•Never Ending</li></ul>	<ul style="list-style-type: none"><li>•Easy to do</li><li>•IRS Required for company</li><li>•Pleases auditors which eases yr end accounting</li><li>•Helps protect against theft</li><li>•Reduces expenses</li><li>•Forces thought and review regarding investments</li></ul>



# **Stuff That Works Building Careers**

Chapter 24 Take Action: Action 4

Invest time on [Stuffthatworksbooks.com](http://Stuffthatworksbooks.com) .

## **ACTION.**

This is an easy one.

I believe that each of us can help someone else.

There is so much to know and to experience. You just can not do it on your own. So the best way forward is to share and learn from each other.

Technology makes this so easy today. That is why I built the web site [Stuffthatworksbooks.com](http://Stuffthatworksbooks.com) .

It only reaches its potential if you join in and add the stuff that works that you have found. Please make a contribution today. Help others find the Stuff That Works.

Others have already shared their stuff that works so be sure to check the site often as there is probably something to improve every area of your life.

The community is waiting and growing. I hope you will join in and make a positive difference.

Thank you!

## **EXAMPLES**

### **CONTRIBUTE**

It is easy to share your Stuff That Works.

Simply click on “Contribute” from the main menu.

Then select “Submit an Idea”.

Easy!

### **Learn From Others**

It is easy to Learn Stuff That Works from others.

Simply click on “Contribute” from the main menu.

Then select “Search for Stuff That Works”.