



Passionize Your Workplace

Love Monday Mornings in Five Simple Steps

- 1. Wake Up:** Tap into your wise, knowing inner sage by mastering self-coaching.
- 2. Show Up:** Choose to arrive to work every day with gratitude, looking for how you can contribute and what you can learn.
- 3. Shake Up:** Stoke your “What’s Next” by developing new skills and looking for challenges that excite and inspire you.
- 4. Speak Up:** Master influence skills to make a business case for your brilliant ideas and face difficult conversations with confidence to transform “Us Against Each Other” to “Us Against the Issues.”
- 5. Follow Up:** Perseverance is the almighty distinguisher. Follow up with people on promises and learnings.

What’s your shot of passion in your worklife?

- What mindset are you committing to embrace that will excite and inspire you every day?
- What is one action you are committed to taking every day to sustain a worklife you love living?

What do work lovers look and sound like?

What do work dreaders look and sound like?

How you:

—*think* triggers
how you feel.

—*feel* triggers
how you behave,
(right down to the
micro-muscles on your face).

—*behave* shapes
your life experience.

The Three “Peeze” Game

Object: In 90 seconds transform your mindset, which inspires and empowers you.

How to Play

1. Pick a situation in which you are struggling.
2. Answer the three Ps questions.

Rule: “I don’t know” or “nothing” are not legal answers.

Positive: What’s one thing that is positive about the current situation?

Potential: What’s the potential of those involved?

Possibility: What’s a possibility you can create that is exciting?

How Passionized Are You?

Read each statement. Pick a number 1-5 that best reflects your experience. (5 – Yes! Exactly!; 1 – Are you kidding me? NOT!)

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| 1. On Sunday nights I get excited to go to work on Monday. | 1 | 2 | 3 | 4 | 5 |
| 2. I love how my contribution positively impacts my team, our department, the company, and our customers. | 1 | 2 | 3 | 4 | 5 |
| 3. I am so grateful for the opportunities my work gives me to meet people, learn, develop, and make a difference. | 1 | 2 | 3 | 4 | 5 |
| 4. My work gives me a chance to discover things about myself that empower me to take on things in new ways. | 1 | 2 | 3 | 4 | 5 |
| 5. My work life, home life, personal life, social life, leisure life—it’s all seamless to me—it’s all my life. | 1 | 2 | 3 | 4 | 5 |
| 6. I appreciate the relationships I’ve made at work; I feel lucky to be on the team. | 1 | 2 | 3 | 4 | 5 |
| 7. I’m super excited about what is next for me in the next phase of my worklife. | 1 | 2 | 3 | 4 | 5 |

Total =