

President's Corner

Doing Better One Step at a Time



Many of us have broken those lofty promises that we made to ourselves at the beginning of the year to lose weight, stop smoking, exercise every day, eat better, and more such well-intended ideals. Let's do a reset as the new quarter begins. Instead of a major overhaul all at once, can we just take one step at a time? Pick one thing to consider and start slow. Just do better.

For example, if you are consistently late getting to work or to meetings, concentrate on that. Ask yourself why. Are you one of those people who is nocturnal, you love the nighttime? You get a burst of energy around 9 p.m. and stay up reading, watching television or just piddling around until 2 a.m. When the alarm wakes you four or five hours later, you reset it for five more minutes multiple times. You eventually rise in a state of rush, rushing to dress, rushing through traffic, and aggravated at what you perceive as the slow elevator.

Why put yourself through all that? Whether you are someone who wants to get to the office on time or simply wants to stop being the last person to join the Zoom meetings, it begins with small changes. Try going to bed one hour earlier than usual. Gradually work your way back to eight hours of sleep. Your body and brain will thank you. And you will feel so much better and calmer. Try setting your phone alarm to alert you a week before a meeting so you have five days to prepare. Set the alarm for two days later as a reminder in case you still have not begun your preparations. Now, you have only three days left to prepare. You do not want to wait until the last day and merely throw something together the night before the meeting. Even if your notice to a meeting is only a day or simply hours away, prepare.

Anticipate. Do better, so your best efforts generate better results. It will pay off in great ways for your career.

Submitted by Theresa McShan
EWTG President, 2023-2024