

Top 10 Tips On How To Have A Positive Attitude!

1. Take ownership of your attitude.

We control our attitude. It is not something that is genetically or environmentally determined. Each of us can decide what our attitude is going to be. We can choose to have a positive attitude about life. A ready smile is a gift to all those around you.

2. Take action to eliminate what bothers you. You may be putting up with more things than realize. Think about what you are tolerating. You may be tolerating things, or ways that someone speaks to you that you don't like. Just paying attention to what you are tolerating will be the first step towards eliminating it. Tolerations infect your attitude.

3. Live in the present. Let go of living in the past or in the future and enjoy the present.

4. Let go of things that don't matter. Stop wasting energy on being irritated and annoyed at things that really don't matter.

5. Be non-judgmental. Let go of being critical of others. Try instead to listen and understand.

Continued on page two – [Positive Attitude](#)



Do You Have A Positive Attitude?

Senior Executives Challenges In 2014

With 2014 well on its way, CEO's will have some challenges to overcome. Passive decision making will not resolve these concerns. Many sleepless nights are ahead for these individuals as they commit to making the right decisions. There is no doubt that the CEO's of companies large and small have similar difficult problems to solve. Most companies will have to take into

consideration the following issues for this year:

Marketing: With each passing year, new and innovative ways of reaching the masses in marketing are being implemented in companies across the globe. CEO's have limited moneys to fund these campaigns, and deciding which methods best suit their target markets prove to be challenging. For businesses that have been hit hard by recession, finding the money to create effective marketing strategies is difficult. However, without proper marketing, these companies don't stand a chance to become as profitable as they need to be. It is a vicious cycle that is hard to break. Often times, CEO's have to make budget cuts in other areas to fund these marketing strategies, leaving the company vulnerable to being understaffed or in other areas.

Hiring or Downsizing: As CEO's move throughout this year, evaluating the past year's sales will clue them in as to whether they need to increase jobs or eliminate positions. This is a tough call to make as it directly affects people's lives, along with the health of the company.

While the economy is on the uptick, it may not be enough for CEO's to justify all positions within the company. *Continued on page two – [Challenges](#)*

INSIDE THIS ISSUE

- 1. Top 10 Tips on How to Have a Positive Attitude!*
- 2. Senior Executives Challenges in 2014*
- 3. How to Reinforce Positive Thinking*
- 4. One Minute Ideas*
- 5. Exceptional Leaders...Celebrate Successes*

Continued from page one – **Positive Attitude**

As you open yourself up to not judging others you will be able to accept yourself and others more.

6. Listen to yourself and trust what you hear. Let go of other people's voices that you carry in your head. Instead, listen to yourself and take responsibility for what you can and want to do.



7. Live your values. By living your life according to your values you will develop an attitude of true acceptance of yourself. You will realize that you are fine the way you are. You may choose to make some changes in your life simply because you realize that you have greater potential than you have utilized so far.

8. Have fun and enjoy humor. Take delight in life and create fun experiences for yourself. Don't make life be too heavy.

9. Invest energy in the people who you love and care about. Meaningful relationships are developed and sustained by positive attitudes and commitment.

10. Develop an attitude of love. By developing a loving attitude towards yourself you will in turn interact with others from a basis of love. ♦

If you have any questions about this article, or how we can help you with your current team building, performance, leadership strategy, and / or hiring needs, contact us today!

~ Submitted by Kristina von Rosenvinge, Email address: kristina@kristinavonr.com Copyright by Coach U, all rights reserved.

Challenge	Harmony's Solution
Lack of bench strength in a company's leadership line up	Harmony helps to grow leadership talent internally so they promote from within and reduce recruiting costs and increase employee engagement
New Executives/Leaders with long learning curves in new position	Harmony assists with accelerating the learning curve
No or Few HR processes and procedures	Harmony designs processes and procedures that ensure compliance, reduce risk, increase employee self-reliance and increase employee engagement
Low Productivity	Harmony helps increase productivity and engagement through the development and execution of good management and leadership practices
Team not functioning at capacity	Via team effectiveness programs, Harmony works to increase trust, commitment, healthy conflict and accountability

Continued from page one – **Challenges**

Jobs may have to be eliminated or promotions may be limited. On the flip side, some companies may have the joy of expanding and hiring more personnel. These are the kind of decisions that haunt CEO's while they lay awake at night contemplating the outcome of their choices.

Employee Benefits: There have been monumental changes in health care reform in 2013. CEO's will have to figure out exactly how these laws affect their employees. Offering assistance in providing health insurance will be a great way of attracting employees. Also, combining health insurance coverage with other benefits will improve employees' attitudes and motivation. CEO's have difficult decisions to make in keeping good people working for them.

With these difficult business decisions to make, CEO's will have to take aggressive measures to ensure they are making the best choices. There is no doubt that leaders will have to make heart wrenching decisions this year. But, well 'thought-out' decisions are what will catapult their companies to greater heights. ♦

If you have any questions about this article, or how we can help you with your current challenges, contact us today!

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"Even if you're on the right track, you'll get run over if you just sit there."
~ Will Rogers

American Heart Month

The American Heart Association is a not-for-profit, voluntary health organization funded by private contributions. Their mission is to reduce disability and death from cardiovascular diseases and stroke. Heart and blood vessel diseases are the nation's number one killer.



During American Heart Month, we make a commitment – for ourselves and our families – to staying healthy and keeping our hearts strong. ♦

Read more at... [American Heart Association](http://www.americanheart.org)

How To Reinforce Positive Thinking

Make a positive to-do list every morning! Before you begin your day, make a positive to-do list that accentuates your goals for the day. For example, if you need to make a call to a client, do not simply write "call client" on your list. Instead, write the task in a positive manner, such as "call Mr. Williams and close the deal".

By writing out the task in an affirmative manner with a concrete positive outcome attached, your brain will be influenced to think of the task as completed and positive instead of as pending and open for failure.

You can also use the wording of each task to promote action. By being specific in your terms, you can turn a vague objective like "rework sales letter" into an action-orientated goal such as "rewrite the second paragraph of the sales letter to include two new benefits and change the deadline for membership to promote immediate ordering".

The goal of this type of to-do list is to positively influence your attitude and outlook for the day while strengthening your belief in desirable outcomes in order to keep motivation and focus high.

And, although it may seem silly, be sure to apply this same technique to your personal to-do list. Not only will this habit give you plenty of opportunities to practice your positive thinking skills, but it will also help you keep your energy and positive attitude up while you complete the necessary and sometimes mundane tasks of everyday life. ♦

If you have any questions about how we can help you with your business/ goal planning or developing a positive 'to-do' list, contact us today!

~ From the e-book "A New Better You", written by our associate Gary Sorrell, Sorrell Associates, LLC. All rights reserved worldwide.

Tips On Diversity

Diversity is defined as having differences. These differences may range from personal preferences such as being a vegetarian to physical limitations such as limited vision or hearing. Yet, a recent national survey suggest that most define diversity as either having racial or cultural differences. To embrace a more global definition of diversity, try incorporating these ideas in your corporate culture:

- Keep an open mind to all individuals and their ideas
- Respect all individual differences
- Become proactive in meeting the diverse needs of others ♦

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ADVANCED SYSTEMS



One Minute Ideas

New Tax Guide Helps People With Their 2013 Taxes

WASHINGTON — Taxpayers can get the most out of various tax benefits and get a jump on preparing their 2013 federal income tax returns by consulting a newly revised comprehensive tax guide now available on IRS.gov.

[Publication 17](#), Your Federal Income Tax, features details on taking advantage of a wide range of tax-saving opportunities, such as the American Opportunity Tax Credit for parents and college students, and the Child Tax Credit and Earned Income Tax Credit for low- and moderate-income workers. It also features a rundown on [tax changes](#) for 2013 including information on revised tax rates and new limits on various tax benefits for some taxpayers. The guide also provides thousands of interactive links to help taxpayers get answers to their questions.

In addition, the Internal Revenue Service is offering taxpayers a number of instructional YouTube videos to help prepare their taxes for the upcoming filing season, which began on Jan. 31. ♦

[Click here for more info...](#)

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Exceptional Leaders...Celebrate Successes

Highly ambitious and energized leaders can overlook the need for others to celebrate and acknowledge success. Everyone has exhausted themselves to get to the top of the mountain and the leader instantly points to the next mountain to climb. This can be de-motivating, causing employees to be less than enthusiastic about working on the next big thing.

Celebrating means doing something special, either with an individual or with a group. It means taking the time away from the task of doing in order to acknowledge the success publicly. This could be a simple lunch or a huge party.

Exceptional Leaders know that to keep others consistently motivated, they must take the time to celebrate.



Thought Provoker

- ✓ What have the people in your organization done lately that deserves to be celebrated?
- ✓ Do you have employee celebrations when they put in an extra effort?
- ✓ In looking at your goals for yourself and others, have you determined how you are going to celebrate reaching them? Have you told others what that celebration looks like?

Exceptional Leaders are cheerleaders for others and they celebrate successes. ♦

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Schedule of Public Courses

The following courses are being offered to the public by Harmony Coaching & Consulting. Click on the associated link for more information on the program or to register.

Course Title	Date(s)	Time	For More Information/Registration
SHRM Learning System® is the preparation course for the HR Certification Exam <i>(Every other Saturday)</i>	Every Other Saturday 2/22/2014 – 5/03/2014	8:30AM – 4:30PM	www.cbu.edu/shrm
The Accountability Experience™ is a one-day workshop that helps participants discover the powerful personal and organizational benefits of individual accountability.	TBD	8:30AM – 5:00PM	Click here to Register
The Coaching Clinic® is a two-day workshop for executives, managers and leaders to experience and learn coaching skills and competencies.	TBD	8:30AM – 5:00PM	www.harmonycc.net/coaching-clinic.php

