

Mondays Stink!

**23 Secrets to
Rediscover Delight and
Fulfillment in Your Work**

Carl Dierschow

Copyright © 2003 by Carl Dierschow

All rights reserved under International and Pan-American Copyright Conventions. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage or retrieval system, without express permission of the author, except for the inclusion of brief quotations in a review.

Published in the United States by Imprint Books Inc.,
www.imprintbooks.com.

ISBN: 1-59109-908-0

Illustrations by Daniel R. Brown.

The characters depicted in the stories are composites and examples, and in no way describe any specific individual. The characters depicted in the illustrations in no way describe any specific individual.

For additional information about the book go to the author's website:
www.dierschow.com

Contents

Introduction.....	ix
My Story	xiii
Structure of This Book	xv
Theme A: Create Your Support Group.....	1
1. Like and Respect Your Colleagues.....	3
2. Trust Others and Give People the Benefit of the Doubt	7
3. Communicate Openly With Anyone and Everyone	11
4. Seek Out People Who Appreciate What You Do	15
5. Try to Help Others Be More Effective and Look Good	19
6. Appreciate Everyone’s Unique Contributions and Abilities.....	23
7. Set Appropriate Expectations	27
8. Actually Commit	33
9. Take Care of the Little Things Immediately.....	37
10. Build Bridges Rather Than Burning Them.....	41
Theme B: Take Care of Your Needs	45
11. Invest in Understanding Yourself.....	47
12. Look for Jobs That Align With the Organization’s and Your Personal Goals	51
13. Stay With Organizations Which Have a Philosophy Compatible With Your Own	55
14. Understand Others’ Points of View.....	61
15. Look at Every Activity as an Opportunity.....	65
16. Limit the Encroachment of Work on Your Personal Life.....	69
17. Keep Your Lifestyle Within What You Are Currently Paid.....	73

Theme C: Deliver Value to the Organization.....	77
18. Focus Intensely on Delivering Value to the Organization.....	79
19. Expand Your Impact Whenever You Can	83
20. Do the Best You Can on Your Job	87
21. Take Responsibility for What You Should Own	91
22. Vocally Support the Organization’s Goals	95
23. Choose Your Battles Carefully.....	99
What Next?	103
How Healthy is Your Job Satisfaction?	107
My Support Group.....	107
My Needs	109
Organization Value.....	110
Improving Your Job Satisfaction	111
Your Support Group.....	111
Your Needs.....	119
Organization Value.....	125
Additional Resources	131