
7 days of life & work in 2011

tuesday
sunday
friday
monday
wednesday
saturday
thursday

get up, dress up, show up Success is a mental game. Boost your attitude with the will to win and get in the action. Don't feel like it? Do it anyway.

rock what you've got Esteem yourself and your strengths. Be real about your shortcomings but don't use them as an excuse to avoid personal greatness.

powertask Make the move to focus. Dump the frantic back-and-forth of multitasking. Drawn to or distracted by something else? Ask yourself if you have devoted at least 8 minutes to completing the current task.

sleep well Sleep loss equals brain loss. Really, go ahead and sleep on it. Sleep is a friend of learning.

finish strong Give it all you've got and commit to a high level of personal accountability. You'll feel a greater sense of accomplishment and satisfaction knowing you gave it your all.

let's talk Your family, community, and workplace likely have four and perhaps five generations. Bridge the generation gap by exercising non-judgmental curiosity about generations other than your own.

s-s-s-t-t-r-r-e-t-t-c-c-h Exercise boosts brain power. Twenty minutes, three times a week improves your reasoning, problem-solving and long term memory. Need to think more? Move more!

persevere
aspire explore
flow educate
reinvent
learn sleep
exercise flex
contribute
inspire
succeed expect
leap trust
mentor
i n q u i r e

The Learning Café is an acknowledged expert in the areas of personal branding, winning with a multi-generational workforce, mentoring, knowledge sharing and developing emerging leaders. Our research, keynote speeches, and training materials provoke thought and educate.

Coming soon:

**2011 Top Trends and 2011 Update:
Engaging a Changing Workforce**

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LearningCafé