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INSPIRATION • RESOLUTIONS

# Regrets and Resolutions

*Pursue holiness/happiness to avoid regrets.*



by Melissa Luke

**T**HIS YEAR, BE THE ONE WHO chooses happiness and resolves to change the way they think at work. So, if after January, you have broken your ho-hum resolutions (quit smoking, organize the house, lose weight), I suggest that you try one that will work: Quit your job and find a career that will make you happy. I provide a harsh dose of reality and suggest alternatives to unhappiness—*Life in the World of YOMO*, our time!

## A Resolution that Works

*Don't bring your manager a problem unless it is wrapped in a solution.* Are you one of those people who write a list of traditional resolutions that never work? Lose 10 pounds, Stop smoking, Organize the basement, Start to recycle.

This year, go crazy and make a change that will rock your world. Quit your job and find a career that makes you happy. If you complain about your job everyday, most likely you're the problem, not the company. It is time to re-think your strategy and stop blaming others for your unhappy career.

For most, it is easier to complain about management and how it is operating than to fix it. If you land in this camp, then quit your job and go start your own company and do it better. You may learn a few things: It is harder than you think to keep everyone happy in a company. People need to learn to make themselves happy.

*If you tend to complain about your work environment, you need to come up with a solution* to fix it. In my years of managing, my motto with the people I work with has been this: *Don't bring me a problem unless it is wrapped in a solution.* Nobody wants to listen to people complain—we all have our own issues to contend with, and quite frankly nobody cares about yours.

What are you to do when an employee states *there is bad communication* in the com-

pany? What does that mean and how are you supposed to fix the problem? Try to explain what the communication is precisely, and provide an exact solution. If the solution does not work, so be it, at least you tried.

Many people have become the *complaint department* in their organizations. If it were a *real division* in the company, you would probably get fired since *no real solutions originate from the division*. Furthermore, most people run the *complaint department* in their organizations for free, so we don't even get the benefit of taxing your annoying behavior.

Currently 80 percent of the United States is unhappy with their respective careers. If you are one of these people you need to leave. Not only are you making yourself unhappy, but you are making the people miserable around you as well.

Additionally, if you work for a company that is nearly

impossible to get fired from (like the Federal Government), and take satisfaction knowing that you won't be fired but complain all day, you are the problem. And, we have a lot of "problems" working in the United States.



*"Seek satisfaction? When luck fails to make you a leader or deliver desired results in your career, I suggest you stop listening to Mick Jagger and his "losing streak" lyrics and tune in to Dr. Melissa Luke, a unique performance excellence expert whose goal is simply to reprogram the way you think about your work and to invest in your own personal happiness for a sustainable career winning streak."*

Ken Shelton, editor/CEO,  
Leadership Excellence

People who complain all day long without offering solutions are incompetent. Nobody wants to hire these people and unfortunately we can't fire them either, once we accidentally let them into our organizations. My simple goal; to *reprogram* the way people think at work.

Change the way you think this year at work. Become productive and offer solutions or learn how to do something else with yourself in a different location (like

in a different state or country). A mind-set is a simple thing to build. This year a resolution can be made to be a problem solver, not a problem maker. This will make a difference in your company and in your personal life. **PE**

*Melissa Luke, DM, is a speaker, career expert, and author of Life in the World of YOMO: Start the Adventure to Your Perfect Calling. Visit [www.DrMelissaLuke.com](http://www.DrMelissaLuke.com).*

**ACTION:** *Bring solutions to your problems.*

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