

# Words to Live By



KARLYN BORYSENKO IS THE AUTHOR OF *ZEN YOUR WORK*. THE ORGANIZATIONAL PSYCHOLOGIST CREATED A MANTRA FOR HERSELF THAT BECAME HER BENCHMARK FOR SUCCESS:

- ACT WITH INTEGRITY.
- HAVE COMPASSION AND EMPATHY (EVEN WHEN OTHERS DON'T).
- BE OF SERVICE TO PEOPLE AROUND YOU.

"IF I ACHIEVED THOSE THREE THINGS, I CONSIDERED IT A GOOD DAY. NOTHING ELSE MATTERED," SHE WRITES.

**SO, WHY NOT TAKE SOME TIME NOW AND DEFINE YOUR WORKDAY MANTRA?**

## Find your purpose

Take a moment to consider and answer these four questions:

1. What are a few issues I care about?

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2. Who and what are the people and things I am ready to step up for?

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3. I will donate \_\_\_\_\_ per cent of my waking hours to helping!

4. A few of the ways I contribute to the well-being of others are:

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Now, distil that great info into a mantra you can live by:

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