

How To Make Work, Work



And why it's important to find joy in what you do.

"Everyone has been made for some particular work, and the desire for that work has been put in every heart."

Rumi

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Hope from a debt survivor.

Client of the Month.

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This month's recipe, a few laughs and how to connect with us on online.

Cook, Laugh, Connect.

The average full-time American worker spends over one third of their life working— more than any other activity, save for sleeping. So for most people, if you hate your job, you hate your life.

We've asked workplace psychologist Joel Mausner for his ideas on how to make work better, when it's time to switch careers and why doing something you care about will actually make you more money.

Read the exclusive interview on Page 2.

Better Your Workplace To Better Your Life

The way you feel about
what you do can affect
how much you make



When working off debt, “job satisfaction” and “career fulfillment” are typically the least of concerns. If it pays the bills, it’s good enough, right?

But what if well-being and enjoyment at work actually helped you make more money?

According to workplace psychologist Joel Mausner, they can.

“Typically you make the most money when you do your best, and work to your fullest potential,” he said, “which is extremely difficult to do if you’re doing something you don’t enjoy, at least in part.”

Mausner is not advocating everyone quit what he or she is doing to pursue stardom. Far from it. He recognizes that it is also important to be practical and realistic. If you’re dealing with debt, it’s important to do what needs to be done, short term, to get back in the black.

With that in mind, the fact remains that you’ll work harder and do a better job—not to mention have a better chance of getting a raise, promotion, etc.—if you’re not miserable.

Mausner says the first step to improving your mood at work is to determine what makes it bad in the first place. The majority of dislikes fall into one of two categories: people related and job related.

If it’s the people at work that are causing the problem, one must decide if the situation can be resolved, or if protection from it entirely is the best option. When the conflict involves a coworker, analyze what it is about what they do that affects

you negatively, and address it with them. But be ready to receive some criticism yourself.

“I encourage my clients to think about constructive ways to address the issue,” Mausner said. “Usually that means having a conversation. But they need to be available to hearing similar feedback.”

If the issue is beyond conversation—or involves a boss or someone else unapproachable—it’s important to protect yourself. Avoid the activities that involve unnecessary confrontation. If your boss hates when things are turned in late, turn them in on time—and you’ll reduce the amount of times you’ll have a negative interaction.

When the issue is the work itself, it’s a different story. Mausner said before one can fix what they don’t like, they have to narrow down on what exactly it is. Whether the job is too boring, too challenging or stressful, understanding why you’re not connecting is the best way to fix it.

Mausner said, “You have to ask yourself why do I find this work so empty and meaningless? There’s almost always room for learning, creativity and growth as a person. Think that through, focus on the stuff you enjoy.”

For some people, Mausner said, the workplace itself can also have an effect. You can’t always have the corner office with the window, but you can work with what you’ve got. He encourages people to experiment with the parts of their workplace they have control over. This might mean bringing photos, listening to music (if it

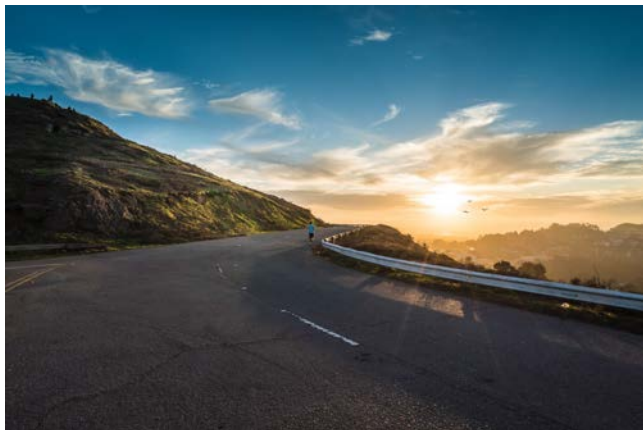
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doesn't bother coworkers or distract from the job), keeping plants, etc. Whatever makes the space your own.

Lastly, it's important to compartmentalize work and home life or risk a cycle damaging to them both. Mausner said to be aware of when you're letting your personal life distract you at work and experiment with solutions, whether it be a taking a short break, turning your cell phone off or just focusing your mind. In the long run, giving your work all the attention it deserves while you're there will make it much easier to leave it behind at the end of the day.

Working is one of life's realities, and unfortunately, not everyone is blessed with their ideal job right away. It's important to do the best you can at what you do, but not to stop looking for a place you'll thrive.

"It's a balance," said Mausner. "Give yourself time to think about the long term issue—how you can move yourself into a career that is more emotionally and financially rewarding. "



Client of the month

Each month we honor an SDS client who has shown commitment to the program in the face of extreme challenge. Be encouraged!

Name and location: Cheri from Van Wert, Ohio

What's something interesting about you?
I am a very positive person everyday, and pretty funny.

What brought you to Superior?
The low monthly payment.

How many accounts did you have and how much debt?
I had 5 accounts and \$18,000 in debt.

What was the hardest part about being debt?
Never having any money.

How did being in the program change the way you thought about money?

There is a light at the end of the tunnel.

How has your life changed since being in the program?

I have more money to do the things I love.

How many accounts do you have left to settle?

One.

Do you have any advice for those just entering the program?

Stick with it! It's so worth it.

Goat Cheese and Bacon Guacamole

With guac this good, it won't even matter if your team wins.

Ingredients:

2 large ripe California Avocados	cilantro
3 pieced cooked bacon diced	10 grape tomatoes diced or
1½-2 oz goat cheese (cut into small pieces)	1 medium tomato diced
1 tablespoon fresh chopped	1 lime juiced
	¼ teaspoon cumin
	½ teaspoon salt
	2 scallions diced
	flour tortillas

Directions:

1. Cut, dice and remove avocado in skin and place it in a medium bowl.
2. Mix in bacon, goat cheese, cilantro, tomato, lime juice, cumin, salt and scallions.
3. Cut flour tortillas like a pie to create triangles.
4. Heat oil to 375 degrees in a 4 inch deep pan to prevent splattering, place some cut tortillas in oil and cook until golden, drain on paper towel and salt as desired. Repeat until will all cut tortillas in batches don't overcrowd pot or the may stick together and not fry evenly.



Laughing Matters

"According to a new report, by 2050, the world's oceans will contain more plastic trash than fish. So the next time you get dumped, remember: There's plenty of trash in the sea." –Seth Meyers

"This morning, Twitter went down for almost three hours. It wasn't good — in fact, I heard Donald Trump actually had to FAX his insults to people." –Jimmy Fallon

"Mexican officials revealed Sunday that fugitive drug lord El Chapo nearly escaped by using a secret doorway hidden behind a mirror. Which would have made it hard to capture him since Mexico has no extradition agreement with Narnia." –Seth Meyers

Connect with Superior

For more money-saving tips and a place to give us feedback, check out our blog at <http://superiordebtrelief.com/blog> or follow us on Facebook and Twitter [@SuperiorDebt](#).

Refer-a-Friend

Know someone who could also benefit from our services? Contact one of our member services representatives to join our refer-a-friend program

Who We Are

Established in 1998, Superior Debt Services is a debt relief company committed to ethically helping consumers lower their credit card debt while encouraging healthy financial habits. Find out more at superiordebtrelief.com.