Work from Home Success: WORK PRACTICES
New situations require new thinking.
BIG IDEA 2

There is no shortcut between the old and the new.
BIG IDEA 3

The greater the challenge, the greater the need for self-reflection.
Don’t skip a beat.

I am overwhelmed.

Here’s 50 tips to help you work from home.

What if someone finds out I don’t have enough to do?

Whatever it is or was --- it can now be done virtually.

Work and family all in one place?
Take Stock

Revisit Intention

Identify Positive Actions
Take Stock

Revisit Intention

Identify Positive Actions
Take Stock

Outputs

Watching
Thinking and Saying
Eating

Outputs
Take Stock

- Deny
- Explore
- Resist
- Commit

Past Focus

Internal Focus

External Focus

Future Focus
Take Stock

Revisit Intention

Identify Positive Actions
Revisit Intention

Why
How
What
Take Stock

Revisit Intention

Identify Positive Actions
Identify Positive Actions
Optimism

- ≠ Happiness
- Evaluate your inputs
- Monitor your outputs
- Write down what you are thankful for
- Connect to encourage someone else
**Place**

- Organize a home base
- Communicate needs
- Set-up satellites
- If you can, go outside for breaks
- Evaluate and adjust
Identify Positive Actions

- Notice energy and adjust
- Establish core hours
- Communicate availability
- Create a weekly and daily “A” list
- 60 – 90 minute sprints
- Rituals for inflection points

Time
Identify Positive Actions

Connection

- Intentional contact
- Video – occasionally
- Situational awareness
- Empathy
- Forgiveness
Identify Positive Actions

Explore

- What’s the learning opportunity?
- How can I best deploy my talent and skills now?
- How can I help others grow?
Take Stock
Revisit Intention
Identify Positive Actions
Work from Home Success: WORK PRACTICES