# MasterCoaches Daily Engagement Calendar



"*I have no special talent. I am only passionately curious.*" — Albert Einstein

Competence without engagement is the difference between good and great. You have one life. Make it great! We invite you to take a single daily action each workday for an entire month (then repeat!). Some actions have bonus links to enhance the experience. Engage and watch your happiness, commitment, and fulfillment build with each passing day. Creating Great Places to Work begins with each of us taking new actions.

| Day | Single Daily Action | ✓ |
|---|---|---|
| M | Make it a point to smile more today. "*Sometimes your joy is the source of your smile, but sometimes your smile is the source of your joy".* Thich Nhat Hanh | ☐ |
| T | Catch someone being amazing and let them know it (and maybe their manager or boss, too). | ☐ |
| W | Take a break in your busy day and really notice your environment. Discover the power of presence. *Listen to Pico Iyer in this TED talk*: http://www.ted.com/talks/pico_iyer_the_art_of_stillness?language=en#t-43984 | ☐ |
| R | Give out three genuine compliments today. | ☐ |
| F | Learn or do something new today that makes work more engaging. | ☐ |
| | | |
| M | Want more energy? Eliminate one thing you're tolerating (i.e., anything that drains your energy). | ☐ |
| T | Find someone who is struggling at work and offer to mentor them (meet with them for lunch once a week for a month or once a month for a year or something like that.) | ☐ |
| W | Meditate for 20 minutes, once is good, twice in a day is great. Too regimented? Consider: *"In meditation we should not look for a "method" or a "system," but cultivate an "attitude," an "outlook": faith, openness, attention, reverence, expectation, supplication, trust, joy."* — Thomas Merton | ☐ |
| R | Identify something that you are resisting today and accept it. Acceptance doesn't mean you agree or approve of it; instead, you're just accepting of what is. For example, we typically don't prefer the loss of something or someone dear to us. However, we can accept that it is, be at peace with it, and move on. | ☐ |
| F | Make a direct request you've been putting off. *Watch Amanda Palmer's video "The Art of Asking" & explore where you find yourself holding back in life*: http://www.ted.com/talks/amanda_palmer_the_art_of_asking | ☐ |
| | | |
| M | Stop Procrastinating. Do one thing today that you've been putting off. | ☐ |
| T | Clean off your desk. For real. | ☐ |
| W | What's something you want from others? Now give it away. | ☐ |
| R | Do something unreasonable and impulsive today. *Like how a semi-anonymous French street artist used his art and took a stab at changing the world with the 2011 TED Prize he unexpectedly found himself the steward of.* *http://www.ted.com/talks/jr_s_ted_prize_wish_use_art_to_turn_the_world_inside_out.html* | ☐ |
| F | Have a conversation with a coworker about a core value you each have. | ☐ |
| | | |
| M | No complaining. Consider instead: *"A complaint is a form of boasting resting on a bed of resentment. Turn it into a request. Dissent does not have anger."* Peter Block | ☐ |
| T | Practice connecting authentically with another human being. *In the following video, Brené Brown teaches us about empathy, belonging, and vulnerability. http://www.ted.com/talks/brene_brown_on_vulnerability.html* | ☐ |
| W | Say "no" today to requests that take you off purpose, highlighting being purpose-driven. | ☐ |
| R | Exercise your whole brain. Use your non-dominant hand more. Brush your teeth with your other hand. | ☐ |
| F | Find some way to agree with everyone today, looking for commonality. What did it take? What did you gain? | ☐ |

MasterCoaches
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*Find additional resources for increasing engagement in the workplace at* ***www.MasterCoaches.com****.*
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