

The Work Hard Challenge: How To Make It Work For You



Get excited for your day at work by focusing on the benefits. Don't talk negative about work.

Avoid the slackers and time wasters. They will only make you slack off like them.

Have a to-do list or plan for the day so you don't waste time figuring it out.

Remind yourself why you are taking this challenge to work hard. What are the benefits you could experience from working hard?

Enjoy yourself and make a game out of work. Find a way to make your day fun.

Make hard work more gratifying. What will you give yourself for putting in a hard day's work?

Outline a punishment for not working hard. The pain of the punishment should feel worse than the pain of working hard!