



Top Ten Ways to Perform Well at Work While Obese

1. Dress comfortably. If you wear something that talks to you all day long while you're at work, you're too distracted to do a good job. Make your work clothes "work" for you. It's not about fashion. It's about comfort.
2. Don't see yourself as "less-than" or "more-than." See yourself as "equal to." Have a great set of equal-to skills to offer.
3. Be conscientious about the work you do, but don't go overboard. Your conscientiousness sometimes makes you too generous with your time. Be aware of this thing you do.
4. Keep thinking about your career track. As soon as you master your current job, what do you want to do next? Communicate that to your supervisor.
5. And speaking about supervisors, keep the lines of communication open between you and them. They need to know what you can do well, where you want to go in the company, and where you might need more training. Your girlfriends cannot do this for you.
6. If you think you can, you can. If you think you can't you can't. Think you can.
7. Look for ways to be creative, cost-effective, more streamlined in work processes. Communicate those in a professional, documented manner to your supervisor. You might also copy in her supervisor on your memo.
8. Set a goal for yourself that goes beyond your dreams. Let that goal be the light at the end of the tunnel that makes you persevere. Never let the light go out.
9. Don't accept a salary that is too low. I've seen management think that low self-esteem gets low salary. Don't let this be you. You are capable, talented, resourceful, productive, efficient and you show up for work. You deserve good compensation.
10. Learn the lay of the land where you work. Describe it without emotion to yourself. If it's working for you, stay there. If it isn't, find the next job.

Be Good to Your Good Self.