

# Resolving to Be a Better “You” at Work

## 11 Success Behaviors for the New Year

**1.** Catch someone doing something right and pay them a compliment.



Challenge your “rebuttal brain” and avoid dismissing someone else’s idea or position without letting them fully explain it. **2.**



**3.** Stand up to bullying. When it shows up, speak up!



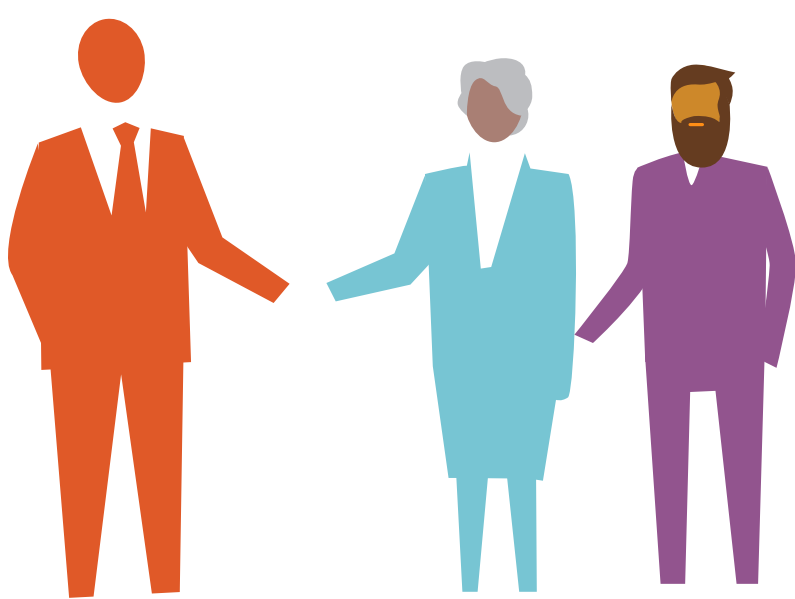
Stay open-minded in the face of disagreement. Try to find common ground. **4.**

**5.** Smile more! It’s good for you and it encourages others to do the same.



Be mindful of distractions (like your phone) that prevent you from giving others your full attention. **6.**

**7.** Respect your own time and everyone else’s. Be on time. Try to stay organized.



Seek out ways to be more inclusive. Reach out to people in your department or organization who might be feeling left out. **8.**

**9.** Challenge your biases. When you sense them, set them aside and give everyone a fair shot.



Watch your words and actions. Even when you mean well, it is possible to offend. Better to be safe than sorry. **10.**



**11.** Build the best in your employees! Offer training and development on their terms. (We’re probably slightly biased, but we believe Media Partners offers the industry’s best behavior-changing films and just-in-time learning solutions.)

