



ADJUST

YOUR LENS



"I have simply tried to do what seemed best each day, as each day came."

Abraham Lincoln

March 2018 marked 30 years that I have had the privilege to work for Newport Harbor Corporation (NHC). It has been quite the journey – commencing at the Newport Yachting Center with the opportunity to work with a team to build legacy events like the Sunset Music Series (over 150 concerts!), Great Chowder Cook-Off, Taste of Rhode Island, Reggae Festival, Celtic Rock Festival, the Newport Skating Center and hosting world class events like the ESPN Extreme Games, CBS This Morning, Sports Illustrated 50th Anniversary Tour, Health Magazine Feel Great Festival and more. What an honor it was to be surprised with a 30th Anniversary party welcoming colleagues, sponsors, family and friends.

Perhaps you have been in your job for three months, one year, or five years and it feels a bit stale. It may be time to adjust your lens on how you view your life and approach each day.

- 1. KISS YOUR DESK** and make a dedicated effort to fall in love with your job again. Realize how good you have it! Stop and make a list of everything you love about your job. Review this list on a weekly basis.
- 2. ALL IN!** Identify areas of opportunity. Find a mentor who will champion you internally and be aware of potential mentors outside of your workplace as well. Be the employee you would want to hire. Learn beyond your skillset – stretch yourself. Put your mobile phone away and be present. Don't leave skid marks at the door at "closing time" if there is still work to be done.
- 3. THINK POSITIVELY!** Your feelings will catch up with anything you choose to believe – gratitude, happiness, success or a negative track of scarcity, jealousy, anger, and paranoia.

Likes attract likes – what kind of people are you attracting to you? When people see you with a spring in your step as you navigate the festival, event, venue or office, they think to themselves – *"Wow, I want some of that!"*

- 4. LOOK BEYOND YOURSELF.** Volunteerism and assisting those less fortunate offers you the happiness that money simply cannot. Look beyond yourself. Be aware of opportunities to help others; it could be as simple as holding the door open from someone and offering a warm smile. You never know what someone else is carrying.

We don't see things as they are, we see things as we are. Believe in yourself and your abilities. A career and an opportunity for meaningful work offers us "purpose." Purpose is very powerful. What drives you to wake up and commence the day with energy, fully engaged, committed and ready to do YOUR Best? The Joy is in the journey so KISS YOUR DESK and live EVERY heartbeat!

Gail Lowney Alofsin, Director of Corporate Partnerships, Newport Harbor Corporation (NHC), worked for a cruise line and a resort before moving to Newport thirty years ago to commence a career at Newport Harbor Corporation. The highlight of her career at NHC has been the unparalleled colleagues, clients, non-profit partners, sponsors, vendors and friends that she has had the privilege to meet. She kisses her desk every Monday morning out of gratitude for a job that she loves and appreciates. Gail can be reached at 401-640-4418 and gail@gailspeaks.com. Follow her on twitter: [@gailalofsin](https://twitter.com/gailalofsin) and visit her website: gailspeaks.com.

"If we are to find real meaning, feel real joy, it will come on the wings of a fully engaged life, a life in the service of more than our self."

Jan Phillips