

March NEWSLETTER

7 Habits of Genuine People

There's an enormous amount of research suggesting that emotional intelligence (EQ) is critical to your performance at work. But there's a catch. Emotional intelligence won't do a thing for you if you aren't genuine. Consider the hallmarks of genuine people and see how you stack up.

1. Genuine people don't try to make people like them - It's not that they don't care whether other people will like them, but simply that they're not going to let that get in the way of doing the right thing. **2. They don't pass judgment** - Having an open mind is crucial in the workplace, as approachability means access to new ideas and help. **3. They forge their own paths** - Their direction comes from within, from their own principles and values. **4. They are generous** - They share whom they know, what they know, and the resources they have access to. They believe that your success is their success. **5. They treat everyone with respect**— Whether interacting with their biggest clients, or servers taking their drink orders, they are unfailingly polite and respectful. **6. They aren't motivated by material things**— Their happiness comes from the simpler pleasures— such as friends, family, and a sense of purpose. **7. They are trustworthy**— they mean what they say, and if they make a commitment, they keep it.

Bringing It All Together - Genuine people know who they are. They are confident enough to be comfortable in their own skin. They are firmly grounded in reality, and they're truly present in each moment because they're not trying to figure out someone else's agenda or worrying about their own.

spring CLEANING checklist

kitchen

- ☐ clean out fridge & freezer
- ☐ clean oven
- ☐ remove & clean stove burners & knobs
- ☐ clean out & wipe down drawers & cupboards
- ☐ discard old spices
- ☐ mop floor & baseboards on hands & knees
- ☐ wipe down top of fridge
- ☐ clean behind fridge, if possible

bedrooms

- ☐ wash all bedding, including mattress pads, bedskirts, and comforters
- ☐ replace or wash pillows
- ☐ go through closets, switch out seasonal clothing
- ☐ rotate & flip mattresses, if necessary

laundry room

- ☐ clean behind washer & dryer
- ☐ remove front lint plate and clean thoroughly

general

- ☐ dust ceiling fans
- ☐ dust ceilings and corners of walls
- ☐ dust/clean vents & fans
- ☐ clean blinds
- ☐ wash windows, inside & out
- ☐ vacuum out windowsills, rinse screens
- ☐ dust/clean all light fixtures
- ☐ wash walls & baseboards
- ☐ vacuum or wash draperies & curtains
- ☐ wash or beat rugs
- ☐ wash down doors & light switch plates
- ☐ clean/shampoo carpets
- ☐ change air filter
- ☐ safety inspection: smoke & carbon monoxide detectors, fire extinguishers
- ☐ vacuum out couches & chairs
- ☐ vacuum/use lint roller on lamps
- ☐ vacuum out sliding glass door tracks
- ☐ clean out medicine cabinets, safely discard old prescriptions

Crock-Pot Corned Beef and Cabbage

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|--------------------------|---|
| 4 cups hot water | 3lbs corned beef brisket (with spices) |
| 2 Tbsp. cider vinegar | 8 small white potatoes, cut into quarters |
| 2 Tbsp. sugar | 1/2 tsp. fresh ground pepper |
| 1 large onion, quartered | 1 head cabbage, cut into wedges |
| | 4-5 carrots, roughly chopped |



Combine the water, vinegar, sugar, pepper and onion, in a 6 quart crock pot and mix well. Place corned beef and contents of spice packet in the mixture. Scatter the potatoes and carrots over the top and along the sides. Cover and cook on high heat setting 4 hours. Remove the lid and scatter the cabbage wedges over the top. Cover and continue cooking on high 3-4 hours longer, or until beef is tender. To serve, carve the beef into slices against the grain and serve with the cabbage and potatoes, with some of the cooking liquid spooned on top of the beef to keep it moist.

DATES TO REMEMBER

March 12th—Daylight Savings begins. Set your clocks ahead one hour at 2AM.

March 17th—St. Patrick's Day

March 20th—Spring Equinox

Are You Social Media Savvy?



Nearly 8 in 10 American adults are now using Facebook. If you're not currently utilizing social media to promote your business, you could be missing out on potential new clients and connections. Not sure where to start on your Facebook Business Page? We are offering to help create a business page for you and give you some tips on maintaining the page at no cost to you. If you'd like some help with your social media, contact our Outreach Director at Brittany@alphabizsolutions.com

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