

One Day
at a
Time

A Recollection of Daily Thoughts
Part I

IRIS CRYSTAL

Introduction

Nobody ever thought that 100 years later,
another pandemic will rock the world.
But 100 years earlier, our ancestors survived
the Spanish flu pandemic.

Believe that everything will be fine soon.
Live each day one day at a time.
As I always say:

"These days are tough to some of us.
But this will not be forever.
To those who are near to me, see you when I
see you.
To those who are miles apart, see you in
better times."

~Iris Crystal

01

DAY

When life throws you a basketful of lemons, take advantage of the free lemons. Make profit from the lemonade.

02

DAY

If a strategy is not working, then revise. Nobody is forcing you to stay in a situation wherein you are no longer winning.

03

DAY

Allot a day of your week for the family or for yourself. Someday, you will be glad you did it.

04

DAY

When feeling insecure,
remember that you are
good, you will be better
and you can be the best.
Never give up.

05

DAY

Do not fall into senseless
arguments with anybody
just because you have
different perspectives.
Nobody would win.

06

DAY

Getting the job done is satisfying. Receiving compliments from your customers is rewarding.

07

DAY

Self-actualization covers all jobs and careers, white-collar and blue-collar. Push yourself to achieve that.

08

DAY

A generalist learns the breadth of things while a specialist masters the depth of things.

09

DAY

Treat your subordinates
with respect and trust
and you don't have to
follow up every now and
then.

10 **DAY**

Share your credit with those who worked with you. That is showing respect and gratitude.

11

DAY

Always take time to talk to your subordinates about their performance, be it good or bad. Never assume that they know where they stand.

12 **DAY**

A little socializing at
work won't hurt. That is
where teamwork begins.

13

DAY

Do not just aim for quality product and quality process. Aim to have quality people that will help you achieve your quality goal.

14

DAY

The only thing that is constant is change. Life is a cycle of ups and downs.

15

DAY

No matter how busy you
are, always take time to
greet your colleagues.
It doesn't hurt to say
"Hi!"

16

DAY

Always finish your task
on time if you can't
submit it ahead of time.
That is reliability.

17

DAY

You are responsible for
your health.

Remember that the
company is there to stay
even when its employees
go.

18

DAY

Laugh at your mistakes
and learn from it.

19

DAY

Listen to that inner voice.
"Are you doing things
right?"

20

DAY

Be part of the solution.
Do not be part of the
problem.

21

DAY

Do not compete with your protege'. He looks up to you as his mentor.

22

DAY

Just keep going. There will come a time when all your hard works will pay off.

23

DAY

Be passionate about your
job.

24

DAY

Imagine it's Sunday night. Are you excited for tomorrow?

25

DAY

Health is wealth.

26

DAY

Some common colds are not common. Use your sick leave when the virus hits you.

27

DAY

Boss - team working **for**
him.

Leader- team working
with him.

28

DAY

Being a good
communicator means
being able to be
understood by the
majority.

29

DAY

Be somebody's hope.

30

DAY

Being unproductive will
give you insecurities in
the long run.

31

DAY

Give more than what a person deserves. He will work hard to prove that he is deserving.

32

DAY

There are a hundred ways
to motivate a person to
work smarter.

33

DAY

Happiest are those who
receive unexpected
promotions.

34

DAY

There's a difference between being tough and being sarcastic; the former is proving a valid point while the latter is trying to find fault.

35

DAY

It's useless to be
bickering with your
colleagues over some
issues at work. We are
paid to work, not to hate.

36

DAY

Family always comes
first before work.

37

DAY

A good leader is never forgotten; his name is likened to a legend.

38

DAY

Do not be intimidated by
the presence of strong
women in the workplace.

39

DAY

There is good politics and
there is bad. Be part of
the good politics.

40

DAY

Emotions tend to
magnify a simple
problem. Relax.

41

DAY

Be more productive
during the lowest points
in your life. One day, you
will find yourself feeling
better.

42

DAY

Compete with yourself.
Be better today than
yesterday.

43

DAY

Blessings come in all
forms and sizes. Be
grateful all the time.

44

DAY

When you love what you
are doing, you will keep
on improving.

45

DAY

It is not compulsory to
share your personal life
with just anybody.

46

DAY

Try to be somebody's
sunshine. You don't know
how much it would mean
to someone.

47

DAY

It is boring to have people agreeing with you 100% of the time and vice-versa. A little disagreement is healthy.

48

DAY

Do your friends know the
real you?

49

DAY

The most important asset
of an organization is
their workforce.

50

DAY

Treat your workplace as if you're one of the investors and you'll find yourself careful not to overspend.

51

DAY

Happy thoughts produce
happy people that have
BIG hearts.

52

DAY

A charismatic leader is one that can influence decision and opinion not just from his own group but from the other groups as well.

53

DAY

There's a lot to learn and discover everyday. Make it a habit to learn something new each day.

54

DAY

When in doubt, ask.
Never assume.

55

DAY

Pray and believe that
good things will happen
to you.

56

DAY

At work, you can either be somebody who is respected or somebody who is feared. Pick your choice.

57

DAY

Misleading information
is a form of deception.

58

DAY

Treat each day as a work
in progress. You will get
there someday.

59

DAY

Tough times do not last
forever. Tough people do.

60

DAY

Nobody made it to the top alone. Even the great mountaineers have guides.

61

DAY

Teamwork means sharing
the load and working on a
common goal together.

62

DAY

Reliability and consistency are complementary. Never take away either of them.

63

DAY

Be data driven. Do not
guess.

64

DAY

Know your goals and how to achieve them. Do not shoot anywhere and expect to hit the target.

65

DAY

Master a task that no one
else does.

66

DAY

You do not miss what's in
front of you.

67

DAY

Bypassing someone is
disrespectful.

68

DAY

Think about your day's
accomplishments.

Overcome your natural
sloth.

69

DAY

Some are happy
swimming in the seas.

Some are happy
swimming in a pool.

Their life, their choice.

70

DAY

Give 100% of your effort
in whatever work that
you do.

71

DAY

Skip the monotony. Do something different sometimes.

72

DAY

Be mentally present
when talking with friends
and family. They know
when you are just forcing
a conversation.

73

DAY

Smile. It doesn't cost a cent.

74

DAY

You are your lucky
charm.

75
DAY

Give yourself multiple
chances to succeed.

76

DAY

Always be two steps
ahead of a situation.

Don't assume that you
are in charge of the
situation.

77

DAY

Be resourceful. Not
everybody is always
available to help.

78

DAY

Stop the savior complex.
You are not Superman.

79

DAY

Learn the difference
between being generous
and being an enabler.

80

DAY

You are responsible for
your choices.

81

DAY

If you cannot have it, do
not steal it.

82

DAY

Unpopular opinion can
either make you or break
you.

83

DAY

Clash of egos result to
long years of animosity.

84

DAY

Most of us aim to have a house but forget that having a home is the best.

85

DAY

Surround yourself with people who can be a good influence in your life and love; invest your time on them because they are worth it.

86

DAY

Never force a connection.

87

DAY

They say that time is the trickiest element because it slows down when you're waiting and it speeds up when you are relaxing.

88

DAY

We are victims of our
own indiscretions. If we
want a positive change,
start from within.

89

DAY

Nobody lives a charmed life. We all have our daily battles so don't compare your life with anyone.

90

DAY

Each day is unique
because the things that
happened yesterday
cannot be replicated in
exactly the same time,
sequence and emotions.

END

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