



# 2023

CALENDAR



# EMOTIONAL SALARY MINDSET FOR JANUARY

20  
23

## RESPONSIBILITY

You are the central character in your story. Focus on your own Emotional Salary growth to help you discover what matters most to you and to help you learn and develop what needs to be done.

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# EMOTIONAL SALARY MINDSET FOR

## AWARENESS

Learning to pay attention, observe and understand the impact of our actions, reactions, strengths and weaknesses, can significantly influence the way we respond to others and thus increase our Emotional Salary.



20  
23 FEBRUARY

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# EMOTIONAL SALARY MINDSET FOR MARCH 2023

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## GENEROSITY

Practicing generosity is key to increasing your own Emotional Salary as well as that of others. In whichever form you choose, never forget to do it every day. You'll enjoy better health and it could be the catalyst to a happier life.



# EMOTIONAL SALARY MINDSET FOR

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# APRIL

## CONTINUITY

Thinking about your Emotional Salary and taking continuous action on all opportunities available to you in order to improve it will reap enormous benefits for you and all the people around you.



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# EMOTIONAL SALARY MINDSET FOR

# MAY

20  
23

## MEASURE

Measuring your progress in your Emotional Salary is an essential part of creating a fulfilling working life. It will help you celebrate what you've achieved and prioritize and observe what worked, what didn't and to create a new plan of action.

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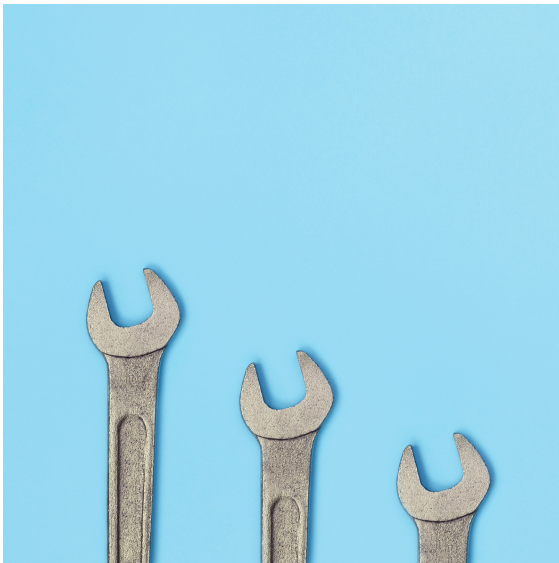
# EMOTIONAL SALARY MINDSET FOR

20  
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JUNE

## OPENNESS

Openness allows you to stay receptive to new ideas, different concepts and opinions and to change when necessary. It also fosters your curiosity, creativity and imagination, which will help you understand yourself and your working environment.



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# EMOTIONAL SALARY MINDSET FOR

# JULY

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## COMMUNICATION

Being able to communicate what you need and want in terms of your Emotional Salary is the foundation for working well together to raise it. It enables others to understand you and enables you to understand others.





# EMOTIONAL SALARY MINDSET FOR

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# AUGUST

## GROWTH MINDSET

Nothing is fixed, so changing the way you think about your work can change the way you perceive it and learn from it. The time you spend at work should be time that you consider well spent so changing the underlying beliefs you have about your work allows you to transform it and receive more from it.



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# EMOTIONAL SALARY MINDSET FOR SEPTEMBER

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## CELEBRATION

Celebrating those areas in your work that are actually working well builds your confidence, motivates you, makes you feel better, allows you to inspire others, restores your energy and helps you not to fall into the negativity trap.

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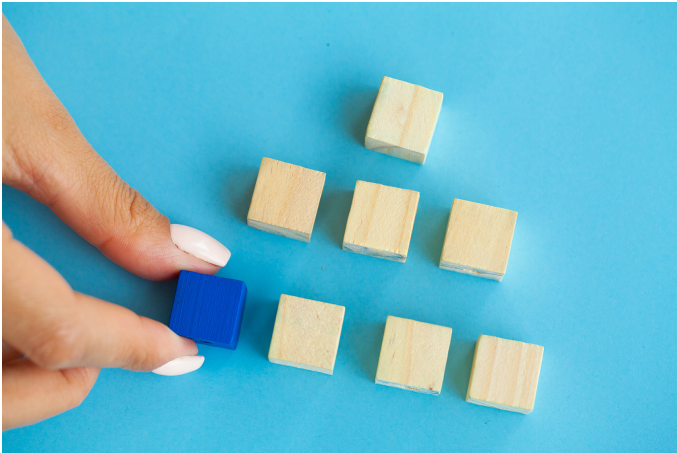
# EMOTIONAL SALARY MINDSET FOR

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# OCTOBER

## PATIENCE

It can help you avoid becoming irritated, defensive and saying hurtful things when you are not having the results you expected. It slows you down and prevents hasty, selfish decisions. It will also help you to develop empathy and understand other people's perspective.



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# EMOTIONAL SALARY MINDSET FOR NOVEMBER

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## CONTRIBUTION

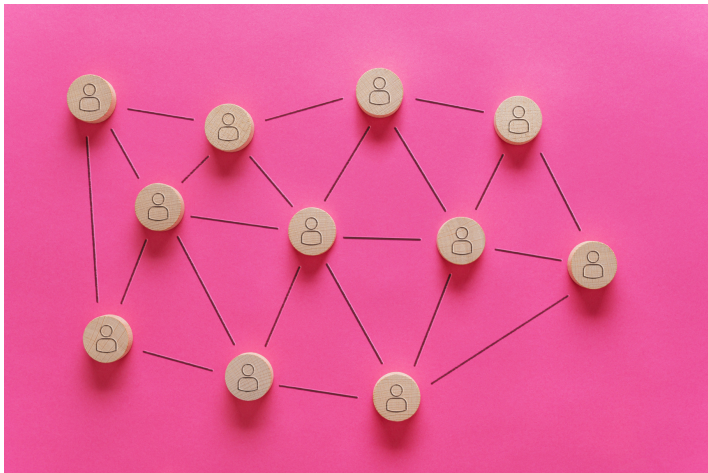
A great company culture is built and reinforced by its people – meaning you and your colleagues. Individual contributors can have a huge impact within their own spheres of influence. Each of us can do something to build a culture we're proud to be a part of.



# EMOTIONAL SALARY MINDSET FOR 2023 DECEMBER

## SYSTEMS THINKING

Whatever you do to increase your Emotional Salary will have an impact on those around you. Seeing your work as a system and recognising the interconnectedness of everyone and everything in it will allow you to understand the wider impact that you and others have.



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