



# LACK OF RECOGNITION

## HOW TO OVERCOME IT

 DeploySoft

# SITUATION



Let's get the obvious stuff out of the way first. Recognition is a human need. The lack of it may lead to low self-esteem, depression, and other psychological challenges.

Studies are showing that the main reason why employees leave their jobs is lack of recognition. Think about it. Employees spend at least eight hours a day at work. That is one-third of their lives in exchange for money.

Of course money matters. But

recognition probably matters even more in terms of mental health. Without recognition, employees run the risk of feeling that their contribution is not important.

Unfortunately, most people cannot afford the luxury of changing jobs when they find themselves in a toxic work environment. For many different reasons they stay in those jobs and try to cope with the psychological consequences.

That's why I wrote this eBook. It

covers a very effective methodology to allow you to receive all the recognition you will ever need, and from the most reliable source. You.

The methodology will help you build up the kind of mindset Abraham Lincoln displayed when he said, “If the end brings me out all right, what is said against me won’t amount to anything. If the end brings me out wrong, ten angels swearing I was right would make no difference.”

In other words, it is what you think about your work that matters.

Back in 1666, Christopher Wren was commissioned to rebuild St Paul’s Cathedral. One day, he saw three bricklayers on a scaffold. He asked them, “what are you doing?”

The first bricklayer replied, “I’m a bricklayer. I’m working hard laying bricks to feed my family.”

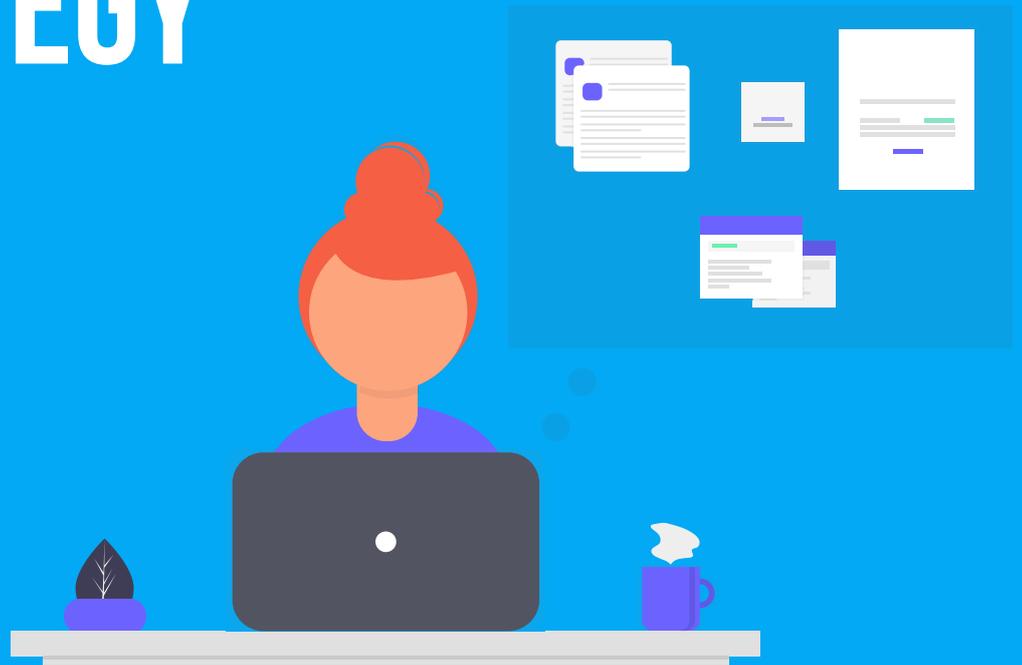
The second bricklayer responded, “I’m a builder. I’m building a wall.”

The third bricklayer replied with a gleam in his eye, “I’m a cathedral builder. I’m building a great cathedral to The Almighty.”

Sadly, most people think like the first bricklayer. I want to help you think and feel like the third bricklayer.

Let’s begin.

# STRATEGY



How about becoming immune to toxic relationships? Yes, I am talking about no more lack of recognition. Too good to be true? It isn't. It's just a matter of perspective.

Before we get started, you must accept the fact that lack of recognition will hurt you emotionally. Trying to ignore the pain will simply make it worse.

Once you feel hurt, your mind will create confusing thoughts and emotions. At that point, you must begin the three-step

process.

- 1. Healing** - Nothing productive will come out of your mind if you are emotionally hurting. You have to heal first. The healing part of this process makes use of a meditation technique that will restore peace to your mind and give it time to rest. It is a daily activity that will take you no more than 10 minutes.
- 2. Understanding** - Once your mind is rested, it is time to take a few minutes to

understand your need for recognition and how it can be fulfilled despite what people say or do to you. This is a daily self-discovery process that will take you no more than 5 minutes. It will strengthen your self-confidence as you get more acquainted with your own value.

- 3. Interacting** - This is an exercise that you will learn to practice during working hours. You will learn how to build emotional defenses to prevent anyone from emotionally hurting you again. You will learn how to get emotionally closer or more distant from people and events based on what you find more convenient to you.

How does that sound?



# JOURNEY



Let's get started.

**Step 1: Healing** - This is a very simple and powerful meditation technique. First, I want you to come up with a small word without any meaning. Just invent a word. Ideally, that word should be easy for you to pronounce and pleasing to your ears.

Now find a quiet place, sit down and start repeating that word slowly in your mind for 5 minutes. Don't say it out loud. If you find yourself thinking about anything besides that word,

simply start repeating it until you get to 5 minutes.

The result of this meditation is a deep state of peace. Do it every morning before going to work and in the evening before going to bed.

**Step 2: Understanding** - This is an exercise that should be done right after Healing. Just ask yourself two questions.

1- "What did I do yesterday to recognize my value?"

2- "What will I do today to

recognize my value?”

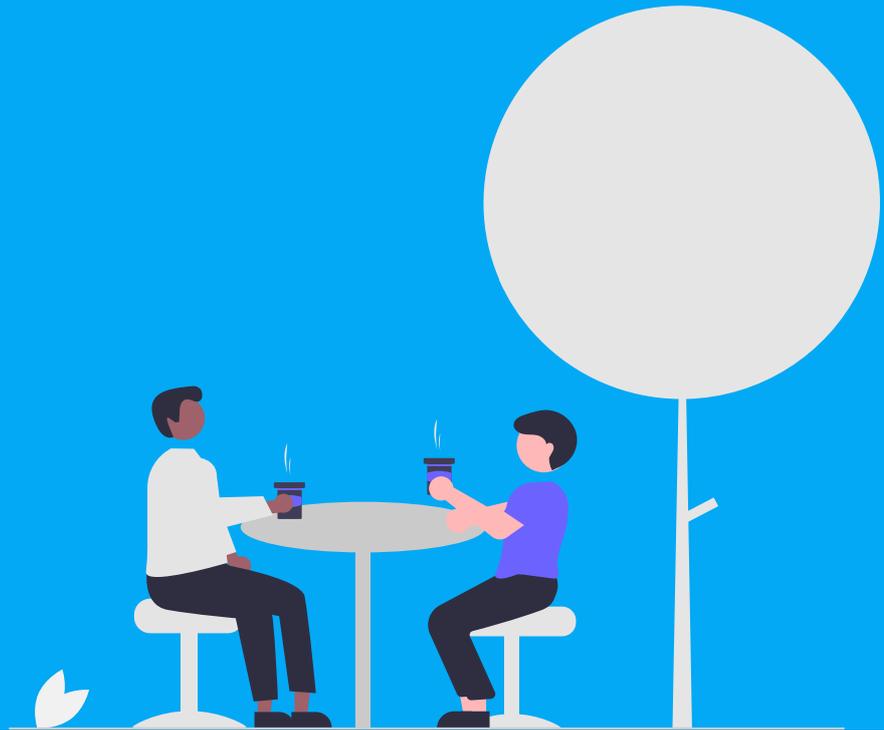
**Step 3: Interacting** - During working hours pay close attention to your feelings while interacting with people and performing activities.

Whenever you face any toxic situation at work, try to visualize the people involved with ridiculous features. For example, try to see your boss with the ears of a large rabbit. The more hilarious the visualization the better. Use this technique to gain emotional distance from people and situations that can cause you pain.

Score your state of mind before and after using visualizations. 1 to 10. The higher the score the better you feel. Write down the reason for each score.

Ask yourself how you can become more effective with the visualizations to increase the scores along the way.

# NEXT STEPS



If you found value in this microlearning ebook, imagine the value we can bring to you through coaching sessions.

[Click here to book](#) a Free Consultation.

Whatever your challenges are, coaching sessions can help you succeed.

We are a group of world-class coaches, psychologists, and psychotherapists with clients all over the world.

I would be delighted to have an opportunity to talk with you.

Sergio Lobo

[sergio.lopez@deploysoft.com](mailto:sergio.lopez@deploysoft.com)