

**TEN
SPARKS
TO
IGNITE
YOUR
DAY
AT
WORK**



YES



YES

Want to supercharge your day,
do your best work and be happier?



Read these easy, boost-inducing tips
in the time it takes to boil the kettle,
hop a tube stop, wait for your Uber.

**'TEN
SPARKS'
GIVES
YOU
WHAT
YOU
NEED
TO
IGNITE
CHANGE**

THEM
BUILD
BUILD
BUILD
BUILD

LIFE
DAILY
YOUR
INTO



And set the world alight.

Faking it is tiring. Wearing a mask to work can be draining. Think how different life could be if we all brought our real selves - our desires, our personality, what matters to us most - to work. Be brave with your real story. Don't hide the bad stuff. It's the interplay of shadow and light that makes you unique. So don't check your personality in at the office door. Consider how you can bring the whole of you to work. Celebrate what makes you YOU.

**BRING
YOU
TO
WORK**

FIND

THE

RIGHT

PLACE

Why do we assume we're going to do our most inspiring work head-down at our desks? Creativity needs space to thrive. Get up from the rectangle we think we must work at and find the right environment to inspire and energise. Go somewhere you know will boost you. Or try somewhere completely different. Allow a sense of newness to prompt fresh thoughts. Inspiration out needs inspiration in.

THREE

WALK TO HELP YOU WORK

Get moving. Fluid movement in the body triggers fluid movement in the brain. Even five minutes outdoors is energising. Holding informal meetings as walk & talks can be way more productive than being holed up in a boardroom. So when you need to shake things up, take your ideas for a walk.

Work. It's no longer a place we go. It surrounds us. And if we're not careful, it can consume us. Put boundaries around your working life. Make sure you leave the office when you need to. Set rules for when you answer emails at weekends. Schedule time for exercise. Take a lunch break. Tune into the signs when things are getting too much. Know when it's time to flick the off switch and get unplugged. Being kind to yourself does everyone a favour.

**BE
KIND
TO
YOUR
-SELF**

FIND YOUR ROCKET FUEL

Identify those ingredients you need to burn brighter. A large Americano. New stationery. Playing your music loud. A wander around the park. A run. A shower. Whatever works for you, do more of it. It's not rocket science, but identifying what drives - and drains - you will reset your energy levels. And refuel your tank.

SAY HELLO IN THE LIFT

Small interactions with others boost our energy and mood. Holding the door open. A smile. A friendly few words. We all need to be stroked. Be more human and you'll benefit from the good vibes too.

SIX

Want breakthrough ideas?

MAKE SPACE

SEVEN

Create room to think. Put white space in your calendar. Arrange to work one day from home. Schedule a 'meeting for one'. Stick up the 'do not disturb' sign to work without distraction. Don't squeeze every moment of the day with meetings, calls and tasks. Give yourself permission to gaze out of the window and daydream. See where your thoughts take you.

1. TRACK
2. THE
3. GOOD
4. STUFF
5.
6.
7.
8.

EIGHT

Look at success differently and count the things that really count. Consider the moments when you feel most you, when you're fired-up and in flow. Start a Good Times list. Note down those everyday moments that make you feel good. It might just help you view your life afresh. And if there's nothing to put on your list? Seriously, it's time for a change.

Being curious gives you a licence to explore and experiment.
To cross-pollinate, collecting old ideas and using them in new ways. Get outside your bubble and be inspired by other worlds. Ask questions.
Read random magazines.
Listen to odd podcasts.
Meet up with people outside your industry. Take a few left turns. Serendipity lives in the side streets.

BE
CURI US

STAND FOR SOME -THING



Your beliefs and values are your touchstone. Have an opinion and share what you believe in. Will everyone like what you have to say? Probably not. But it will give you an edge and get you noticed. Taking a stand will mean you create projects and outputs that are memorable not mediocre. How will you turn up the volume on your story, spirit and opinion?

TEN

Thanks to Zoë Sanders for words and
Paul McDermid for creative direction.

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Through his workshops, presentations, storytelling and one-to-one sessions Ian brings a fresh and passionate approach to spark change and inspire organisations, teams and individuals. He's run sessions for organisations including The BBC, Microsoft, Thomas Cook Money, Diageo, The Development Bank of Wales and Tektronix. The author of four books on work and business, Ian has written about how to work smarter for the Financial Times. He's spoken at events from SXSW Interactive to The Do Lectures. Ian lives by the coast in Leigh-on-Sea. He's fuelled by curiosity, walking and coffee.

IAN SANDERS IS ON A MISSION TO SHAKE UP THE WORLD OF WORK

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