

Download Creating The Work You Love Courage Commitment And Career

Yukmin / Getty Images One of the most serious causes of work stress and unhappiness is failing to keep commitments. Many employees spend more time making excuses for failing to keep a commitment and worrying about the consequences of not keeping a commitment than they do performing the tasks promised. **Courage Over Comfort: Rumbling with Shame, Accountability, and Failure at Work** March 13, 2018 | 15 min read In their book **Put Your Mindset to Work: The One Asset You Really Need to Win and Keep the Job You Love**, James Reed and Paul G. Stoltz say: “Your mindset is about what you see, think, and believe. ... It is the internal lens through which you see and navigate life. Mindset influences everything you see, as well as everything you do.” So, now we know commitment isn't some sort of man allergy. What you have to do is learn how to crack his commitment code and get your guy to commit — and eventually fall in love with you.