

SENTARA EAP THOUGHT OF THE WEEK - 6/09/08

“One Extra Degree Makes The Difference.”

*~~ Sam Parker & Mac Anderson
www.simpletruths.com*

At 211 degrees, water is hot. At 212 degrees, it boils. And with boiling water, comes steam. And steam can power a locomotive. Raising the temperature of water by one extra degree means the difference between something that is simply hot and something that generates enough force to move a powerful train. If the water was kept at 211 degrees, there would be no steam generated to propel the massive engine down the track.

Is your train stalled on the railroad track because the hot water needs to be heated just one more degree to boiling? Or is it powering down the track with full force? There are many ways you can add that one extra degree to go above and beyond what you thought you could achieve.

Why not start using a to-do list in order to get one more project completed. (It might even impress your boss and may lead to a promotion.) How about getting up 15 minutes earlier to go for a walk to improve your health and have more energy throughout the day.

All it takes is persistence and additional action, that one extra degree of effort, in business and life, to achieve not only your primary objective, but to make a difference for you and those around you.

Let the number 212 serve as your constant reminder that adding one degree more can make a tremendous difference. I challenge you to turn up the heat by just one degree!



Sentara EAP is available to provide assistance when one is faced with challenges in home or work life. Please call to schedule a confidential appointment with one of our licensed clinical professionals.

1-800-899-8174 or 757-363-6777

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