PRACTICE EXERCISES

INDUSTRY

WEEK ONE

★ The number of stars represents the degree of difficulty. ★

I Couldn't Have Said It Better

"I WAS OBLIGED TO BE INDUSTRIOUS. WHOEVER IS EQUALLY INDUSTRIOUS WILL SUCCEED EQUALLY WELL."

Johannes Sebastian Bach

One way to keep your head in the best space to become more industrious is by adopting a couple of famous quotations that can serve as a motivational "mantra." Your assignment is to scour the internet for quotations about **industry**. (Hint: just enter "industrious quotations" in the search engine of your internet browser. Sometimes it's interesting to follow the link trail to get more background on the person.)

Ways Industry Behaves

People of industry inspire us. And industry behaves in many different ways. Your task is to read the descriptions of some ways industry behaves in the column to the right and identify a person who is an admirable example of industry in that way. Then, finally, come up with two more ways industry behaves and the people who are good examples of it.

Makes good use of time to get as much done as possible. _____

Asks, "Is there anything more I can do?" _____

Never says, "That's good enough," if there's something that could be better. _____

Doesn't let annoyances or inconveniences become an excuse for not finishing something. _____

Do two more of your own.

_____ _____

_____ _____

ANNUL ANNOYANCES

Many times the reason we don't work as hard as necessary to finish tasks is due to some unwanted annoyance that bothers you. You're never going to eliminate annoyances, so you'll have to learn how to stay on task and neutralize their negative effect. Here's a trait-building game you can play with yourself.Pick 3 of the 5 annoyances and practice pressing on despite the inconvenience.

- ☐ Put a little sand or wad of paper in one shoe to create an annoyance. Keep it in for an hour.
- ☐ Read something that takes concentration for 30 minutes with distracting sounds or silence.
- ☐ Keep working on a task when the temperature or weather is too hot, too cold, too rainy…etc.
- ☐ Work through a meal time when you're hungry and would ordinarily stop to eat. Don't snack.
- ☐ Keep working, studying, or whatever when you're feeling sleepy. Press on until finished.

Want all 30 Industry exercises in our full-color 60 page workbooks? **bit.ly/industry-hardcopy** or scan the QR code.

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