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The opinions expressed by entrepreneurs are their own. In an ideal world, everyone would appear in the workplace in an elegant, office-appropriate outfit. But somewhere in the fog of zombie apocalypse t-shirts, too tight men's pants, and sky-high hemlines, things went terribly awry. While it's not fun to be a fashion police, sometimes you just have to draw a line when it comes to managing what your employees wear. And don't be afraid of it, says New York City-based personal and corporate brand expert Rachel Weingarten, author of *Careers and Corporate Cool*. She offers these tips to set a dress code that works for your office. Have it. You know the style you want your business to design. If your brand is sophisticated and stylish, but your employees appear in flip flops and shorts, something needs to change. And it's OK. Related: When a Tattoo equals a lawsuitYou don't have to subscribe to the belief to wear whatever you want, we're informal, Weingarten says. You run a business. You can impose such requirements on your employees. Check it out. The rules on employee practices vary, so check your state's laws about what you can and can't claim in the workplace. Your dress code should always be gender neutral - talking about visible underwear instead of bra straps, for example - and shouldn't require anything that causes a problem for a disabled person. It's always a good idea to run this type of policy through an attorney to make sure they're ready for prime time. Practice what you preach. Is as I say not like I do not work on the dress code. Employees take their cues in advance, and if you show up in ripped cargo pants and an old concert t-shirt, your fashion requirements may sound empty. The model looks like you want others to follow, Weingarten says. Related: What does your business mean? Remove the word. Weingarten advises against sending chiding nanny clothing notes that may end up as a point of ridicule on someone's blog or website. Tell people what you expect in the employee's user manual and use humor or light touch to communicate with employees. Infographics can be a great way to show people what you mean, he says. If necessary, it should be corrected. Not everyone has the same definition of terms, such as business casual or office appropriate, says Weingarten. If the employee still doesn't receive it, you might need to discuss it directly. It might work best if you have a peer system in the office, so it's not a reprimand, but a suggestion from a co-worker or colleague in the office that says, By the way, it's a good idea to leave your yoga pants at home. Office policy is to wear trousers or skirts. Make sure the rules evolve. Trends such as sheer blouses and super-short skirts and leave. Weingarten says your dress policy should as well. Review it once a year to make sure it still reflects your business and its image. Getting feedback from employees can also help improve it on-site cumbersome fashion office faux pas while relaxing areas where it can be too harsh. Related: One tool you need to succeed? Mirror. When I left college, in 1989, I was working dual duty: My primary job was for a local TV station called WCBS-TV during the day, and my second job was at Express, a hip retail company, in the evening. (New York is expensive from college, isn't it?) Both places required their people to dress quite sharply (even if we were never in front of customers), and express even made us wear tights if our legs were shown. Archaic? Today maybe. But every company wanted its image to be arranged and its people to be the same. Fast-forward more than a few years to my email marketing company, VerticalResponse, and you'll often see myself and my team in jeans and t-shirts. Why? I think it's important that people are comfortable in their clothes every day. Even when we go to fairs, we often wear quite casual clothes. When I speak in front of a large audience, I will dress up in a pair of dark jeans with a jacket. (How conservative!) In general, I want our customers to know that they are doing business with real and generally random people. But it's not the same for every business. Technology companies are different from law firms, which differ from car detail stores, which are different from construction sites and so on. You must have the right dress code for everyone. I believe that if more cabin-type companies are offered a more casual work environment, they can simply attract more talent. Talented people are as diverse as the clothes they wear. Some of the benefits that might be taken into account if the corporate dress code goes casual: the worst dress-code experience I've had: a beautiful engineer who showed up to work in a bathrobe and birks. Not a good look if you have people entering the office: Your jeans, suddenly, look like a tuxedo! Do you have any great (or horror) stories you can share? Do you like this post? If so, sign up for the free weekly VR Buzz newsletter and check out the VerticalResponse Marketing Blog. Last updated November 4, 2020 Are you someone who likes to grow? Are you constantly trying to improve yourself and become better? If you do that, we have something in common. I am very passionate about personal development. It was only 4 years ago when I discovered my passion for growing and helping others grow. At that time I was 22 years old and the last year of my studies. When I thought about the importance of life, I realized that there is nothing more meaningful than development and improvement. It is through improvement that we make full use of life. After a year and a half of active and by helping others grow through my personal development blog, I realize that there is never an end in the way of self-improvement. The more I develop, the more I realize that there are so many of them that I don't know, so much so that I have to learn. Surely there is always something about ourselves that we can improve. Human potential is limitless, so it is impossible to reach a point without growth. Whenever we think we're good, we can be even better. As a passionate advocate of growth, I'm constantly looking for ways to self-improvement. I have collected 42 of my best tips that can be helpful in your personal growth journey. Some of them are simple steps you can get involved in immediately. Some of these are larger steps that require conscious effort to act on. Here they are:1. Read the book every day. Books are a concentrated source of wisdom. The more books you read, the more wisdom you expose yourself to. What books can you start reading to get rich? Some books I've read and found useful are *Think and Grow Rich*, *Which Moved My Cheese*, *7 Habits, Learning about Getting Rich and Living an 80/20 Way*. When you read a book every day, you will feed your brain with increasing knowledge. Here are 5 really good books to read for self-improvement:2. Learn a new language. As a Singaporean Chinese, my main languages are English, Mandarin and Hokkien (Chinese dialect). Out of interest, I've taken language courses over the past few years, such as Japanese and Bahasa Indonesian. I realize that language learning is a whole new skill in general and the process of learning a new language and culture is a completely mind-opening experience.3. Choose a new hobby. In addition to your usual favorite hobbies, is there anything new you can pick up? Any new sport you can learn? Examples include fencing, golf, rock climbing, football, canoeing or ice skating. Your new hobby can also be a recreational hobby. For example, ceramics, Italian cuisine, dance, wine recognition, web design, etc. Learning something new requires stretching in different aspects, whether physically, mentally or emotionally. Here are 20 hobbies to get some new ideas20 Productive hobbies that will make you smarter and happier4. Take a new course. Is there a new course you can join? Courses are a great way to gain new knowledge and skills. It doesn't have to be a long-term course – seminars or workshops also serve their purpose. I've been to several workshops and helped me get new insights that I haven't considered before. In fact, anyone who wants to be a smarter student should take this 20-minute free class: *Spark Your Learning Genius*. It will help you recharge your learning skills and raise any skills faster!5. Create Room. Your environment gives you mood and tone. If you live in an inspiring environment, you will be Every day. In the past, I didn't like my room at all because I thought it was messy and boring. A few years ago I decided it was over – I started with the Mega Room Revamp project and renovated my room. The end result? A room where I completely enjoy being and inspires me to be on top every day. Picture: Source6. Overcome your fears. Each of us has concerns. Fear of uncertainty, fear of public appearances, fear of risk... All our concerns keep us in the same situation and prevent us from developing. Be aware that your concerns reflect areas where you can grow. I always think of fears as a compass for growth. If I'm afraid of something, it's something I don't have to solve yet, and dealing with it helps me grow. Learn how to overcome your irrational fears (which stop you from succeeding).7. Improve your skills. If you've played video games before, especially RPG games, you'll learn the concept of promotion – gaining experience so you can be better and stronger. As a blogger, I will constantly align my writing skills. As speaker, I am constantly leveling my ability to engage publicly. What skills can I level up?8. Wake up early. Waking up early (say, 5-6am) was recognized by many (Anthony Robbins, Robin Sharma, among other self-help gurus) to improve their productivity and quality of life. I feel it's because when you wake up early, your mindset is already set to continue the pace and actively live the day. Not sure how to wake up early and feel energetic? These ideas will help: How to get motivated and be happy every day when you wake up.9 Have a weekly exercise routine. You start better by being in better physical shape. I personally make a running point at least 3 times a week, at least 30 minutes each time. You can mix it with jogging, gymnastics lessons and swimming for varieties. Check out these 15 tips to restart your exercise habit (and how to keep it). Picture: Source10. Start a life guide. The Life Manual is an idea I started 3 years ago. Basically, it's a book that provides basic information about how you can live life to the fullest, such as your purpose, values, and goals. Sort of a textbook for life. I started my life manual in 2007 and it was a key factor in my progress.11 Write a letter to your future self. What do you see in 5 years? Will you be the same? Different? What kind of person will you be? Write a letter to your future self - in a year's time will be a good start - and seal it. Put the date in the calendar to open it in 1 year. Then start working to become the person you want to open this letter.12. Get out of your comfort zone. Real growth hard work and sweat. Too comfortable does not help us grow, it makes us stagna. What is your comfort zone? Do you stay most of the time? Do Do stick to your own space when you get with other people? Shake your routine. Do something different. By exposing yourself to a new context, you literally develop as you learn to act in new circumstances.13 Put someone on the challenge. Competition is one of the best ways to grow. Set a challenge (weight loss, exercise, financial challenge, etc.) and compete with an interested friend to see who achieves the goal first. With this process, you will both gain more than you would set out on your own.14 Identify your blind spots. Scientifically, blind spots refer to areas that our eyes are unable to see. In terms of personal development, blind spots are things about ourselves that we are not aware of. Discovering our blind spots helps us discover our areas of improvement. One exercise I use to discover my blind spots is to identify all the things/events/people that trigger me during the day – triggering the meaning of what I feel annoyed/weird/affected. They represent my blind spots. It's always fun to do an exercise because I discover new things about myself, even if I can already think that I know my own blind spots (but then there would be blind spots going?). Then I'm working on steps to solve them.15 Request feedback. As we try to improve, we will always have blind spots. Asking for feedback gives us an extra perspective. Some people to get closer will be friends, family, colleagues, boss and even friends, because they will not have prejudices and can objectively convey their opinion. Learn more about how to ask for feedback and learn quickly here!16. Focus on your place lists. I start the day with a list of tasks I want to do, and that helps me focus. By comparison, the days when I don't do it end up extremely unproductive. For example, part of my to-do list for today is to write a guest post in LifeHack.Org, and that's why I'm writing it now! Since my work requires me to use my computer all the time, I use free sticky notes to manage to-do lists. It's really easy to use and it's free, so I recommend you check it out.17. Set big hairy action targets (BHAGs). I'm a big fan of setting BHAGs. BHAGs extend beyond their normal capabilities because they are big and ugly – you don't think about trying them normally. What are the BHAGs you can start with that you will feel absolutely on top of the world once they are finished? Set them up and start working on them. Learn how to use smart to be successful in life.18 Admit your flaws. Everyone has flaws. The main thing is to understand them, recognize them and take care of them. What do you think are your flaws? What disadvantages can I work on now? How do you want to solve them?19. Get into the action. learning and improvement is to take action. What do you mean How can action be taken on this matter immediately? Waiting doesn't do anything. Taking action gives immediate results to draw conclusions20. Learn from the people who inspire you. Think of the people you admire. People who inspire you. These people reflect some of the qualities you want to have for yourself. What are the qualities you want for yourself? How can these characteristics be acquired?21. Close the bad habit. Are there any bad habits you can lose? Sleeping? Don't exercise? Are you late? Slouching? Nail biting? Smoking? Here are some great advice from lifehack CEO on hacking looping habits to break bad habits and build good ones: How to Break Habit and Hack Habit Loop22. Cultivate a new habit. Some good new growing habits include reading books (#1), waking up early (#8), exercising (#9), reading a new personal development article a day (#40) and meditating. Is there any other new habit you can cherish to improve yourself? If you're wondering how to make good habits crazy, check out these tips:18 Tricks to Make New Habits Stick23. Avoid negative people. As Jim Rohn says: You're the average of the 5 people you spend the most time with. Wherever we go, there will definitely be negative people. Don't spend too much time around them if you feel they are dragging you down. Not sure who toxic people are in life? This article can help you:10 Toxic people that you should just get rid of 24. Learn to deal with difficult people. There are times when there are difficult people that can not be avoided, for example, in the workplace or when a person is part of an internal circle of contacts. Learn how to deal with them. These human management skills will go a long way in working with people in the future: How to deal with negative people.25 Learn from your friends. Everyone has amazing qualities in them. It depends on how we want to use them. With all the friends around you, they will have things to learn from. Try to think of a good friend right now. Think about the one quality they have that you want to adopt. How can you learn from them and accept this skill for yourself? Talk to them if you need to. Surely they will be more than happy to help!26. Start a worksheet. Logging is a great way to get better self-awareness. It's a process of self-reflection. As you write, explain your thought process, and read what you wrote from a third person's perspective, you gain more information about yourself. Your log can be private or online. I use my personal development blog as a personal journal too and have learned a lot about myself over the past year of blogging.27. Start a blog about personal development. To help others grow, you must first walk around the conversation. There are expectations for both from yourself and from others that you have to sustain. I run a Personal Excellence blog where I share my and insights on how to live better. Readers look toward my articles to improve, forcing me to keep improving, for myself and for the people I reach.28 Get a mentor or coach. There's no faster way to improve than someone working with you on your goals. Many of my clients approach me to train them for their goals and achieve much more results than if they were working alone. If you're looking for a mentor, don't miss these tips: What to Look for in a Good Mentor29. Reduce the time you spend on chat programs. I realized that chat programs opened as a result of default in a lot of wasted time. This time can be much better spent on other activities. The days when I don't get chat, I have a lot more to do. I usually turn off the option to start automatically in chat programs and run them when I want to talk and I really have time for it.30 Learn chess (or any strategy game). I found Chess is a great game to learn strategy and hone your mental potential. Not only do you have fun, but you also practice your analytical skills. You can also learn strategy from other board or computer games like Othello, Chinese Chess, WarCraft and so on.31 Stop watching TV. I haven't watched TV in almost 4 years and it was a very liberating experience. (Here are 10 reasons to turn off your TV) I realized most programs and commercials in mainstream TV are usually lower-awareness and not very empowering. Instead, the time I freed myself from not watching TV is now constructively used for other purposes, such as connecting with close friends, doing the work I like, exercising, etc.32. Start a 30-day challenge. Set a goal and give yourself 30 days to achieve it. Your goal may be to stick to a new habit or something you've always wanted to do, but not.30 days is enough time to strategize, plan, get into action, review and nail the target.33. Meditate. Meditation helps you calm you down and be more aware. I also realized that during the night when I meditate (before bedtime), I need less sleep. The process of removing clutter is very liberating. Try this 5-minute meditation guide: Anywhere, anytime.34 Join toastmasters (Learn public appearances). Interestingly, public speaking is a #1 in the world, and #2 is death. After I started speaking publicly as a personal development speaker/coach, I learned a lot about how to communicate better, present myself and engage people. Toastmasters is an international organization that trains people in public speeches. Check out the nearest Toastmaster.35 clubs. Make friends with the best people on your These people have achieved their results because they have the right attitudes, skill sets and know-how. How better to learn from the people who were there and did it? Get new new ones how you can improve and achieve the same results for yourself.36. Let go of the past. Is there any complaint or misfortune from the past you have kept? If so, it's time to let go. Sticking to them prevents you from moving around and becoming a better person. Break away from the past, forgive yourself and move on. Recently, I finally moved from past heartbreak 5 years ago. The effect was liberating and very empowering, and I've never been happier.37 Start a business. Is there anything you're interested in? Why not turn it into a venture and make money while studying at the same time? Starting a new venture requires learning business management skills, developing business skills and competitive advantage. The process of starting and developing my personal development business has provided me with many skills such as self-discipline, leadership, organization and management.38 Be kind to the people around you. You can never be too kind to someone. In fact, most of us do not show enough kindness to the people around us. Being kind helps us nurture other qualities, such as compassion, patience, and love. As you get back to the day after reading this article later, start exuding more kindness to the people around you, and see how they react. Not only that, pay attention to how you feel, behaving kindly toward others. Chances are you'll feel even better than yourself.39 Reach people who hate you. If you ever can afford something, you're going to get haters. It's easy to hate people who hate us. It's much harder to love them back. The possibility of forgiveness, forgiveness and a show of love for these people requires generosity and an open heart. Is there anyone who doesn't like you or hates you in your life? If so, contact them. Show them love. Search for a solution and get closure on past complaints. Even if they don't want to reciprocate, love them all the same. It's much more liberating than hating them back.40. Take a break. Have you worked too hard? Self-perfecting is also about recognizing our need to take a break for a long mile ahead. You can not drive a car if there is no gasoline. Planning downtime for yourself is important. Take some time off for yourself every week. Relax, unraase, and charge for what's in front of us.41 Read at least 1 personal development article per day. Some of my readers make it a point to read at least one personal development article each day, which I think is a great habit. There are many great personal development blogs, some of which you can check out here.42. Commit to personal I can write list articles with 10 ways, 25 ways, 42 ways or even 1000 ways to improve myself, but if you're not going to commit to personal development, it doesn't matter what I write. Nothing is oversading. We have Moms responsible for our personal development – not anyone else. Not your mom, your dad, your friend, me or Lifehack. Make the decision to commit to personal growth and embrace your life's journey of growth and change. Start your growth by choosing a few of the above steps and working on them. The results may not be immediate, but I promise you that as long as you hold it, you will begin to see positive changes in yourself and in your life. So here you are, 43 solid ways to self-improve. Choose one or more to start doing today. If you want to see yourself improving, you need to take some action. More Self-improvement TipsCover Photos Credit: Unsplash by unsplash.com unsplash.com

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