



## Taking on additional responsibilities at work increases my value

I work to my fullest potential. It gives me a sense of satisfaction to extend myself into other areas, so I gladly accept additional responsibilities when they come my way. Taking on new projects also makes me more valuable to my employer.

I reject the narrative that I owe my employer the amount of work that is equivalent to my salary. **There is value in giving more than what my compensation covers.**

Going beyond the call of duty gains me recognition as a loyal employee who is concerned about the well-being of the company. I understand that doing my part to keep the organization successful contributes to my longevity there.

**When I offer my assistance to other departments, I expand my horizons.** Learning new areas of the business makes me flexible and attractive as an employee.

My employers know that I am reliable when they recognize how versed I am in the business. They treat me respectfully and deserve my full effort.

I know that doing more also adds to my value for future endeavors.  
**Each action that I perform today is in preparation for a lifetime of projects that I am bound to undertake.**

Today, I welcome additional responsibility. My compensation comes from developing myself and opening new opportunities for my future self as a result.

## Self-Reflection Questions



1. When does helping others cross the line into overextending myself?
2. What other actions cause an increase in my value?
3. How do I adjust use of my time to ensure that I am being productive?