



In these three pages I am giving you the “payoff”, representing my hopes and aspirations for all workers to get more out of work and, as result, lead happier lives.

My book also has chapters dedicated to ways that bosses get things wrong, leaving too many workers with deadened spirits, hanging on week-after-week just to keep the paychecks coming. We all want more than this for our lives! I did not include these chapters here – this excerpt is entirely worker-focused. While I'd love for you to buy my book, what really matters is reaching you and others with ideas that can make a difference in your lives. So, enjoy this excerpt – use it to make a difference!

I found the book didn't overwhelm me by being too long or wordy. It is a good ‘how to’ book that you can carry around and open to one of the bulls-eyes when the boss or something gets too you.

—Office Worker

Finally, a book that talks directly to workers. It is about time that the people doing the job, the workers, have someone talk to them.

—Foreman

Sincere and heartfelt. This book can affect lives... millions of lives.

—Worker Advocate

**Doing Good Work Matters** excerpts provided by William H. Murphy; [www.williamhmurphy.com](http://www.williamhmurphy.com)  
Priority for all workers – yes, all workers

As far too many workers know firsthand, bosses can make it really hard to enjoy work. Bosses can even make it hard to feel good about life. The stories I've told are about real people in real situations. The laws of being turned off affect far too many workers.

**The bull's-eyes are about making work a better place and about making a better you.** I've encouraged you to think about seven bull's eyes. I've gone so far as to ask you to make the bull's-eyes your own. None of the bull's-eyes are earth-shattering revelations. I didn't build them up with any huge confusing charts or academic words. The ideas are presented in a simple way because I am not focused on impressing anyone—this is about making a better and happier YOU.

And, I assure you, every single person who is reading this book can take ownership of the bull's-eyes. Yes, aiming for and hitting the bullseyes is within your reach.

Just seven bull's-eyes. Just good commonsense steps we can all take as workers. We can be better. We can enjoy our jobs more. We can give ourselves more choices in life.

After all, this book is about having a better life.

**Enjoying work more is really about enjoying life more.**

Life seems crazy at times. We have no choice but to spend a lot of time, a huge amount of time, doing nothing but getting up early, dressing, grabbing a quick bite to eat, walking, biking, driving, bussing, or even paddling to work. And what do we get at work? Nothing but long, backbreaking hours, boring hours, lots of repetition, occasional if not frequent risky situations, bosses who are pains in the asses, then heading back home filthy, smelly, tired, hungry, and knowing it starts again all too soon.

Time is limited. Work it out. Pull out a pen and jot down:

Hours getting ready for work each day

Hours going to and from work each day

Hours working at your job or jobs each day

Hours at home thinking about your job or talking with others about your job

Hours spent cleaning up from your job once you get home

Yes, keep adding up all the time you spend working or preparing for work.

Add it all up. Then add the hours you sleep, or at least try to sleep, each day.

Once you've added up all those hours, think about how many of the total hours in a week are left just for you!

Each week has just seven days, each with twenty-four hours. We never get any more and we never get any fewer. This means that for most workers, a huge part of our lives is spent at work. So we have to make the best of it.

**The attitude we bring to work, the decisions we make at work, the impact we have on our own lives and others around us—these are in our hands. These are in our control.**

I know it is tons easier for me telling you that you have to make your job feel important and you have to find ways to do things better than it is for you to do it. Harder still if you have a real jerk for a boss or a boss telling you he can fire you whenever he feels like it.

But you and only you can decide how you work and how you run your life.

**Learn how to start hitting the seven bull's-eyes, and you will be better.**

You will like your job more (or survive it easier).

You will be a better person, and you will feel better about life.

You will come home from work more prepared to enjoy your family and friends.

Life is too short to miss out on living the fullest life you can live. I promise you that your heart and spirit can overcome lousy bosses. Maybe you've already been thinking about or even doing some of the things I've been sharing with you. Maybe this is the first time you've ever thought about these ideas.

**Today is a good day for you to take the important step of making the bull's-eyes part of your daily life. Watch what happens.**

Just seven bull's-eyes.

Make the bull's-eyes yours.

Start aiming for the bull's-eyes.

Start hitting the bull's-eyes.

Take control starting today.

## **My personal Bull's-eye list**

### **Bull's-eye Number One**

**I know I am important, and I don't forget it!**

### **Bull's-eye Number Two**

**What I do is much more important than just keeping my boss off my back. I know that the work I do affects people.**

### **Bull's-eye Number Three**

**I understand the greater purpose behind doing a good job; doing a good job is about me and about the people who depend on me.**

### **Bull's-eye Number Four**

**My boss can't stop me from being great. I make the decision to be great.**

### **Bull's-eye Number Five**

**Finding ways to do things better is at the heart of who I am.**

### **Bull's-eye Number Six**

**I tell other workers and I tell my boss about ways to do the work better.**

### **Bull's-eye Number Seven**

**If all else fails, by being turned on I know I can find other, better places to work.**