

## White Paper: Being a Worker Who Knows They Matter

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***You Matter, Today, Tomorrow, and Always:***

***Doing Good Work is about YOU and What YOU Choose to Become***

**Intended Audience:** Workers in any role or industry who want more pride, purpose, and control over their work and their lives.

**Based on the Book:** *Doing Good Work Matters* by William H. Murphy, PhD (2010)

### Introduction

In a world where many workplaces leave workers feeling undervalued, frustrated, or stuck, *Doing Good Work Matters* reminds you of an empowering truth: **You matter. Your work matters. You have the power to make work better, for yourself and for others.**

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### Key Insights for Workers

#### 1. Understand How Workplaces "Turn Workers Off"

If your boss doesn't fix problems, demands obedience without thinking, ignores good work, or fails to give a sense of purpose, it's not your fault. These failures are called "The Six Laws of Being Turned Off."

**What You Can Do:** Acknowledge the problems, but don't let them define you. You can still thrive by focusing on what *you* can control.

#### Examples:

- If your boss doesn't recognize your good work, start keeping a "success journal" where you track your achievements, big or small.
- When faced with mindless obedience, find small ways to improve tasks for your own satisfaction, even if no one else notices.
- Remind yourself daily that the flaws of bosses don't diminish the value you bring to your work.

## **2. Aim for the "Bull's-eyes" Every Day**

You can "turn yourself on" to your work by focusing on seven core truths:

- **I am important.**
- **My work affects others.**
- **There is a greater purpose to doing great work than just getting the job done.**
- **I can be better despite my boss.**
- **I make a habit of finding ways to do things better.**
- **I tell others when I find a better way.**
- **If necessary, I can take control of my future.**

**What You Can Do:** Choose to own these truths daily. Even if your boss doesn't appreciate it, your pride and your opportunities will grow.

### **Examples:**

- Write down how your work helps others, even if it's just making someone's day easier.
- Set personal improvement goals each week, like learning a new technique or completing a task more efficiently.
- Share a tip with a coworker about something that saves you time or reduces mistakes.
- Remind yourself: "I'm building skills and habits that I can carry to better opportunities if needed."

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## **3. Remember: Enjoying Work Means Enjoying Life**

You spend much of your life working. Murphy emphasizes that improving how you think about work — and how you act at work — improves your life overall. By aiming for the bull's-eyes, you make each day more meaningful and position yourself for better jobs and better opportunities.

**What You Can Do:** Focus on the people you help, the pride in a job done well, and the difference you make, even if no one immediately notices.

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### Examples:

- At the end of each shift, reflect on one thing you did well, no matter how small.
- Think about the next person who uses your work: the driver of the truck you loaded, the customer who buys the item you prepared, the team that counts on your clean workspace.
- Celebrate small wins, like solving a problem faster or making a coworker's day easier.

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### Conclusion

Your boss doesn't define your worth. *You* define your worth by how you approach your work and your life. *Doing Good Work Matters* is a call to action: Choose to matter. Choose to do good work. Choose to build a future that reflects your true value.

And remember, doing good work isn't just about clocking in and out or checking boxes. It's about who you are becoming each day. It's about the pride you feel when you know you gave your best. It's about the impact you have on those around you—your coworkers, your friends, your family at home. When you choose to do good work, you set a powerful example for your children, your community, and your future self.

Your effort echoes beyond the walls of your workplace. It builds confidence. It strengthens families. It ripples outward, making you a source of light in places where others might feel only frustration or despair.

**Choose to be that light. Choose to matter—today, tomorrow, and every day after.**

The book is available at [williamhmurphy.com](http://williamhmurphy.com). It is pdf and free of charge!