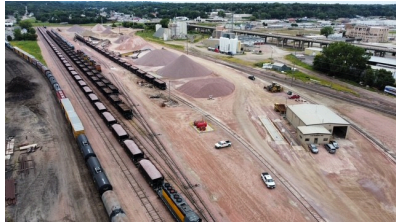
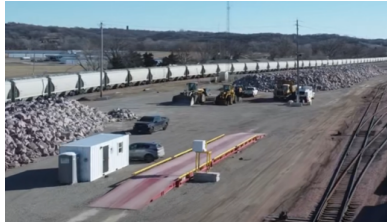




# Roxsand



Sioux City, IA



North Sioux City, SD



Hawarden, IA

## Inspiration and Motivation

Written by Adam Chandler, Area Manager

In the world of work, inspiration can be a powerful tool to drive productivity and foster a positive work environment. When we're inspired in our day-to-day, our work hums along. We have a sense of purpose, anchored by the feeling that our talents are being put to good use. We're doing what we should be doing.

And then, just like that, inspiration evaporates.

Perhaps a negative comment from your boss deflated you, or you're not excited about a particular assignment. Inspiration can be frustratingly fleeting and difficult to recover when lost. Even if you're lucky enough to have a job you love, it's common to go through lengthy periods where you need to dig deep to feel excited about your work.

**Motivation needs to be refreshed.** Sometimes, you need to **renew your motivation daily**. When we don't get an immediate reward or experience pleasure because of a tedious task, it is important to remind ourselves that what we are doing is relevant and contributes to something larger. How? Look to the next level and find the bigger purpose of what it is we do here at L. G. Everist. Focus on quality before quantity, and continuously push to be the best in our industry. None of this is possible without all of us pushing for these shared common goals.

Remind yourself of all your previous achievements if you find it challenging to maintain motivation in your work. Be mindful of small accomplishments - this can help you stay motivated to continue working towards larger, more challenging goals. Positive reinforcement of the goals you have achieved can help you reflect on what you have done in the past and create a repeatable process to achieve other goals. Let us remember what the goal is and not get lost in the dust of the issues.

- *"Before anything else, preparation is the key to success." — Alexander Graham Bell*
- *"Make each day your masterpiece." — John Wooden*
- *"We will fail when we fail to try." — Rosa Parks*
- *"Your talent determines what you can do. Your motivation determines how much you're willing to do. Your attitude determines how well you do it." — Lou Holtz*
- *"Someday is not a day of the week." — Janet Dailey*

Thank you to my crews and all of the hardworking teams that we are blessed to have here at L. G. Everist, Inc.

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## Birthdays This Week

Nathan Sandland - Ace Ready Mix

Ravyn Hoffman - Dell Rapids West

Albert Clutter - Firestone

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## Milestone Anniversaries

Mike Hudson - East Sioux Quarry

Daniel Michelke - Dell Rapids Shop



## Weekly Throwbacks

Last week, the #ThrowbackThursday post showcased many photos from past rail operations, like above. These can be found on our [Facebook page](#)! While this week's, pictured below, highlighted a photo shoot of those who have shaped various past/present operations in our Midwest Division. Pictured below are Russ Ruhland, Lee Reed, Mark Bowden, Dale Aesoph, and Bob Hoffman.







Teams interacting with some of the stations for hands-on training provided at the Annual MSHA Refresher in our Mountain Division. Here we see the Lockout Tagout, Fall Protection, and Confined Space stations.

If you know someone that would like to receive the Roxsand, have them send their personal email to [info@LGEverist.com](mailto:info@LGEverist.com) and request to be added to the mailing list or visit our website to sign-up.



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