Is it right to come to work and spend your whole day on facebook talking to your friends when your job performance is lacking badly? Do you take advantage of your job to spend the day doing your family business?

Whatever job you are hired to do, do it.

In this difficult economy, many of us are finding it harder than ever to cope with stress in the workplace. Regardless of occupation, seniority, or salary level, we're spending more and more of our work days feeling frazzled and out of control instead of alert and relaxed.

While some stress is a normal part of the workplace, excessive stress can interfere with your productivity and reduce your physical and emotional health. Finding ways to manage workplace stress is not about making huge changes to every aspect of your work life or rethinking career ambitions. Rather, stress management requires focus on the one thing that's always within your control.

You stress out more and more each day but have you took the time to realize maybe a lot of the problems come from you? Your job is not the place to say I will use their computer and internet for all my personal use because I don't have one at home.

Have you ever worked on a job where you have some employees think the job owes them everything? I often laugh at how they get so upset about situations they are dead wrong. With the economy being as bad as and very limited jobs, you would think they would be more concern about keeping their job.

I worked at a job and the computer screen saver read what have you sold today?

Now, mind you, everybody there did not fit into the sales category but it was something to keep you on your toes.

Is it right to come to work and spend your whole day on facebook talking to your friends when your job performance is lacking badly? Do you take advantage of your job to spend the day doing your family business?

Now, I know many people do it. But, when you get caught or your check is low for lack of performance, don't sit around crying and blaming the job. Whatever job you are hired to do, do it. If it is a job you think is beneath you, do not sign your name on the dotted line.

The ability to manage stress in the workplace can not only improve your physical and emotional health, it can also make the difference between success and failure on the job. Your emotions are contagious and stress has an impact on the quality of your interactions with others. The better you are at managing your own stress, the more you'll positively affect those around you and the less other people's stress will negatively affect you.

Most employers seem to agree that good employees display qualities such as dependability, punctuality, initiative, and a positive attitude toward the job in addition to the ability to get along well with others, flexibility, motivation, organization, and an a capacity to perform assigned duties.

Does anyone plan to start a job or career unmotivated, disorganized, and under prepared? Of course not! The problem is that the qualities and behaviors listed above are automatically assumed by employers. They constitute minimum expectations. Most companies do not provide programs to train their new employees on how to develop loyalty, project a good attitude, or show up on time each day. And why would they? Students who graduate from high school or college possess these attributes and more, don't they?

More and more frequently, employers are complaining about the work ethic of new employees and are surprised at the degree to which they lack the basic skills and behaviors necessary to succeed in their jobs.

Employees are not showing up to work on time (or, in some cases, not showing up at all), not willing to perform the tasks assigned to them, and not taking the initiative to look around and see what needs to be done. Often these same individuals have portrayed themselves in interviews as dependable, flexible, and willing to take initiative.

In some cases, these same workers lead you to think they are so busy and they are the hardest worker in the company. If you are a motivated worker, you do not have to run to the boss and spell out every single thing you did to get credit.

Some of these same employees are the ones who spend most of the day complaining about the least little job they do. At some point in your life, this should pass with maturity. It's sad to see a 50 or 60 year old persons still acting like a 20 year old right out of school.

A popular theory states that it takes 30 days to break a bad habit so how long does it take to establish a good habit? That depends on both the habit and the person but, as it is pretty clear that good habits don't develop overnight, it might be wise to start now.

Go in today or tomorrow morning with the attitude that you are going to put forth the best possible effort in all that you do. Look at it as a training ground for that great job you agreed to do.

If the job or money do not motivate you and you feel why should you work hard then clearly you are doing the wrong job. If you hired to sell then sell… sit down and see what new business you can bring in everyday.

Are you selling to the same people that were given to you when someone left? Or do you have a list of new clients you brought in and working on more. In any sales position, the more you sell the more your pay, commission spells money.

Do that job and do it well. Why try to do every other job in the company and you can't do the job

you was hired to do? Get rest and be prepared to take on the world each day. Do your personal business away from your job.

Do you check regularly with your manager or supervisor to see if you are meeting his or her expectations and if there are new or additional things you could be doing in your department?

You as an individual employee should maintain the same type of long-term approach that a good company does. Management can also encourage motivation, of course. If you’re in sales, quotas are important tools for measuring performance and it’s great when employees beat a quota.