

The Power of Habits

It seems impossible that 2024 is already here, and with it, a new set of goals or resolutions for many people. I learned years ago that New Year's resolutions don't work for me. Just because the calendar turned, it has no real impact on my life, other than it is January and it is cold in Illinois!

I recently read the book "Atomic Habits" by James Clear, and it made a lot of sense. Habits are the foundation for change and the foundation for who we are. If we have a habit of eating junk food, we will probably be unhealthy. If we have the habit of reading a book every month, we will probably get smarter.



Paul Taylor
President

In December, I decided to change two habits:

1. When I am working in the office, I always set priorities for the day, but in the past, I got sidetracked by emails and interruptions. Before I knew it, I was working on something that was not a priority. Since about 60 days ago, I now reset myself once every hour. I stop what I'm doing and do 20 pushups. Then I re-read my priority list for the day. At that point, I decide if I need to finish what I was working on or go back to one of my priorities. This is definitely helping me to be more productive and stay on track.
2. I used to drink too much coffee. I knew that I needed a new habit of drinking less coffee, so my new habit is to drink green tea after lunch. Last week I was feeling overwhelmed and I wanted to reward myself with a Starbucks. On my way there, I suddenly remembered my new habit and I drove past the Starbucks without stopping. Next time, I probably won't even think about stopping at Starbucks.

Habits are tough to stop or start. The human mind loves to be on auto-pilot so it can focus on other things. Once the habit is set and practiced, however, it becomes a natural part of our day and we do it without thinking. It reprograms the pathways in our mind. Bad habits often start without thinking about it (I wonder how I started drinking too much coffee?) Good habits, on the other hand, take a lot of effort on the front end, but then become easy. Good or bad habits will change our lives and set us on a positive or a negative trajectory. What habits do you have as it relates to health? Finances? Work routine? Exercise? Reading and learning?



Depending on what they are, our habits will either make us or break us. We become what we repeatedly do.

-Sean Covey

Welcome New Customers!

*ESS continues to grow as a
result of a **GREAT TEAM.***

Thank you!

ImpactLife
Springfield

Otto Baum
Morton

Sara Bush Lincoln
Effingham

**Lakeview College of
Nursing**
Danville

MS Logistics
Indianapolis

Employee of the Month



**Aaron
Buidens**

September 2023



**Zach
Buidens**

October 2023



**Kim
Bunch**

November 2023

Honorable Mentions

Harold "Gene" Redman

Megan Burris

Donna Jenkins

Jen Hausman

Justin Calton

Justin Pals

Jason Shelato

Michael Walk

Aiden Bullard

Alexia Pena-Green

Eliana Dhom

Mary Beckman

Rue Moll

Kandy Hassell

Brittany Shaw

Tiana Carr

Joseph Wilson

Alex Petitjean

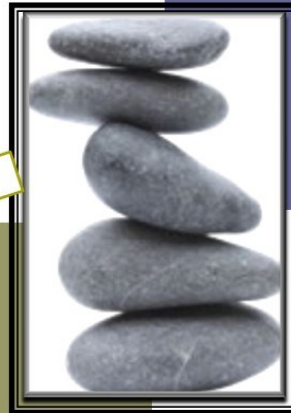
Sue Boyer

Corey Reid

Five Stones Scholarships

UP TO
\$3000!

APPLY NOW!



Deadline
April 15th, 2024

University, Junior College, or Vocational School

All ESS Clean employees that have worked a minimum of one year or 1,000 hours and their children are eligible.

For more detailed information and to print application forms go to <http://essclean.com/employment>

Application and 2 reference letters deadline April 15th, 2024

Questions? 217-337-6701

The Five Stones Foundation has provided educational scholarships to ESS Clean employees and their families since 2008.

We are now accepting applications for the Five Stones Scholarships for the 2024 school year!

The deadline for applications will be April 15, 2024.

You will need the following forms from the ESS website - Cover Letter, Application, and Reference Letter. If you are unable to access the forms or have additional questions, please call the office at (217) 337-6701.

Happy Anniversary

15 Years

Mary Nuxoll

5 Years

Betty Hartung

Sharon Doehring

Deborah Shives

Jennifer Hausman

William Schroeder

Merry Christmas from ESS Clean!

Everyone at ESS Clean hopes you all had a wonderful Christmas and a great start to the 2024 New Year!



Merry Christmas





Notes from Peggy Tobin

Accounting & Inventory Specialist

Tax season is quickly approaching, and that means W-2's!

All employee W-2's will be mailed to the address we have on file on or before January 31, 2024. Notify us at officemanager@essclean.com if you've had a change of address in the past year so we can ensure we have the correct address on file.

W-2's will also be available as a PDF on E-Hub after the mailed copies go out. Please feel free to contact the office if you have any questions!



Notes from Kim de Jesus

Hiring and Benefit Manager

The best compliment you can give is a referral –

I can't thank you enough for your recent referrals. It's an incredible honor, and it pleases me that you think highly enough of ESS Clean, Inc. that you're recommending us to your friends and family.

Referrals are one of the best sources to hire suitable candidates and your effort in suggesting us the right candidate is much appreciated. We are continuing to grow and we are eager for your assistance. Thanking you once again and keep those referrals coming!

Mopping During Winter Weather

As the temperatures keep falling, there is a good possibility for snow and ice.

Ice melt and salt are huge problem for cleaners. The residue from these items can be hard to remove from floors.

Please keep these few things in mind when mopping up salt residue.

- Be sure to change mop water often and use a clean mop head to begin with each day.
- You may have to change your mop head more often if rinsing it doesn't seem to help.
- When the threat of ice and snow are over, sweep salt away from any entrances. This will keep the salt from being tracked into the building.

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And be sure to follow us on our other social media accounts on Facebook and LinkedIn!

