

## The Reset Factor

Over the past six months, I have experienced several “Resets” that changed my perspective and helped me to grow personally and professionally.

Last October, I gave up alcohol for 30 days. It was a positive experience. I realized that I was having a beer most nights when I came home from work because I thought it helped me relax, but it was probably just a habit. What I found is that I was more relaxed without a beer in the evening. I also found that my craving for alcohol subsided after a few weeks. I no longer desired to have a drink every night. As I reached the end of my 30 days, I had a decision to make. Should I give up alcohol completely, go back to drinking like I did before, or choose a modified middle ground? What I settled on was that I would only drink on weekends or special occasions, and I would have a maximum of two drinks. Several months later, I am happy with my decision. It has served me well.

Last month I had a “reset” when our family decided to join a mission trip to Clarksdale, MS with a group of people we had never met. We stayed in a small house with two bathrooms and 21 people for a week. Although I absolutely love people, and especially meeting new people, I love even more being alone and having my own private space. During that week, I had no private space, EVER. When I went to the bathroom, I was not alone. When I got up at 5am, there others in the kitchen (the only room besides the sleeping room and rest room). When I wanted to relax in the evening after a hard day of work, I was in the kitchen again with twenty people. When I went to bed, I was in a room full of bunks with people snoring and talking in their sleep. This experience was an impactful reset for me. It made me appreciate the small things. I love my home more now. I absolutely love and appreciate my quiet time alone, and I have a new attitude of thankfulness.

I mentioned in my last article that I intentionally reset every hour at work by doing pushups or walking the building and then checking my priority list to make sure I am staying on track. This is still a very helpful reset habit for me.

A planned or unplanned reset has the power to change our perspective and make us better. We just have to appreciate the way it changes our mindset and ignore the temporary suffering.

*Paul Taylor*



**Paul Taylor**  
President



## Welcome New Customers!

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

**Vermilion Housing Authority**  
Danville, IL

**Bresnan Meeting Center**  
Champaign, IL

**Pretium Packaging**  
Paris, IL

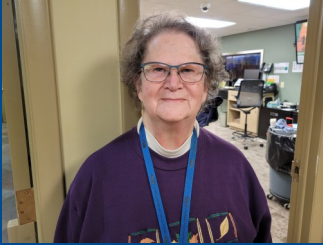
**Timpte**  
Lebanon, IN

**Promise Healthcare**  
Rantoul, IL

**SIU Family Medicine**  
Springfield, IL

**Illinois Cancer Care**  
Pekin, IL

# Employee of the Month



**Mary  
Holmes**

December 2023



**Jorge  
Jasso**

January 2024



**Renee  
Johnson**

February 2024

## Honorable Mentions



Jordan Lee  
Alex Petitjean  
Jamie Willis  
Donna Jenkins  
Kevin Lloyd  
Chris Gabel  
Tim Valentine  
Stephanie Thompson  
Shena Chalupa  
JR (Larnell) Wells  
Rue Moll  
Kandy Hassell  
Tiana Carr

Christopher Rardin  
David Wait  
Jen Hausman  
Isaac Espericueta  
Roy Specht  
Missy Lookabaugh  
Litesse Gray  
Brooke Blahnik  
Joseph Wilson  
Alex Petitjean  
Sue Boyer  
Corey Reid

# Happy Anniversary

**15 Years**

**Brittany Babbs**

**5 Years**

**Gina Harris  
Melissa Yates**

# Company Wide Referral Program



Win  
**\$200**

## Referral Bonus

**We LOVE your REFERRALS!**

ESS Clean is starting an exciting company wide referral program. We are looking for smart, hard-working, and reliable people to join our team. We hope you know other hard working people like yourself who might want to work here.

*You could earn a \$200 bonus if you refer someone we hire.*

### How it works:

- Tell everyone you think could be good at cleaning about the great opportunities at ESS Clean. Have them check our current positions at [www.essclean.com/employment](http://www.essclean.com/employment)
- Have your referral apply at [www.essclean.com/employment](http://www.essclean.com/employment). Candidate must apply between 04/01/24-05/31/24.
- Remind them to type your name in the "how did you hear about this job" section of the app
- Email [angie@essclean.com](mailto:angie@essclean.com) and let her know the person that you referred. We must be told you referred the person before they are job offered. (in other words, make sure as soon as they apply, you let us know)
- If your referral gets hired and works here more than 90 days, you win a \$200 bonus. You must be a current employee of ESS Clean to be earn the bonus. Bonuses will be paid on a regular ESS Clean paycheck.

**\*Members of management team are not eligible for the bonus.**

Email:

[angie@essclean.com](mailto:angie@essclean.com)

ESS CLEAN IS AN EQUAL OPPORTUNITY EMPLOYER



# Indianapolis Branch Team

**We are excited to introduce you to our team in Indianapolis!**

**Jaime Lancon** is our new Branch Manager for Indianapolis. He originally joined ESS Clean as a part time evening cleaner. His full time career at that time was managing the language services program at Carle Health. Jaime loves spending time with his 3 daughters and wife in his free time.

**Bryan Lloyd** has accepted the role as Operations Manager. He served in the National Guard for 8 years as a medic and worked in restaurant management after serving. Bryan enjoys spending time with his 5-year-old daughter.



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



Instagram

