

[Your Career: Attitude, Awareness and Authenticity](#)

By [Cordell Parvin](#) on November 2nd, 2012

Nancy and I enjoy eating breakfast in a small “greasy spoon” called [J's Breakfast and Burgers](#). You likely have a “greasy spoon” like J's where you live.

Here is the description from one of our local papers:

The seats are covered with sparkly green vinyl, the smoking section is right up front, duct tape is holding a vent together, old water stains are on the ceiling, one of the saloon doors headed to the bathrooms is stuck open, and green and white wallpaper covers the walls. The waitresses know the regulars by name, and most have been working there for longer than they can remember. J's is open 24 hours, and it features a breakfast menu that rivals any other in the area. And no greasy spoon could be the best without outstanding chicken-fried steak, and the one here tastes like home-cookin' at its finest.

When Nancy and I eat breakfast there, I notice the cook who stands for hours over the grill. He rarely has time to look up from his work. I don't know how much money he makes. I don't know if the waitresses share tips with him. I simply know he creates pancakes, eggs and the other dishes that bring Nancy and me back again and again. You can see him on the far left here, along with one of those, been there forever, waitresses in yellow. It is a really small thing, but I am grateful for him and his hard work.



Recently I watched a Ted Video: Neil Pasricha: The 3 A's of awesome. If you watch the video you will see that the Three A's are:

- Attitude
- Awareness
- Authenticity

[Neil Pasricha: The 3 A's of Awesome](#)



Neil started the very popular [1000 Awesome Things blog](#). He also wrote a book: [The Book of Awesome](#).

I particularly liked this quote from the book:

Life is so great that we only get a tiny moment to enjoy everything we see. And that moment is right now. And that moment is counting down. And that moment is always, always fleeting. You will never be as young as you are right now.

If you have 20 minutes, watch the video. Then, think about how the three A's of awesome apply to your career success and your life fulfillment. I hope the video will get you thinking. If you had the chance to contribute something awesome to his blog what would it be? If I had the chance to contribute I would write about the cook at J's Breakfast and Burgers.

Cordell M. Parvin built a national construction practice during his 35 years practicing law. At Jenkins & Gilchrist, Mr. Parvin was the Construction Law Practice Group Leader and was also responsible for the firm's attorney development practice. While there he taught client development and created a coaching program for junior partners. In 2005, Mr. Parvin left the firm and started Cordell Parvin LLC. He now works with lawyers and law firms on career development and planning and client development. He is the co-author of ***Say Ciao to Chow Mein: Conquering Career Burnout*** and other books for lawyers. To learn more visit his Web site, www.cordellparvin.com or contact him at cparvin@cordellparvin.com.