

Danielle Siwek Launches Personal Pledge to Promote Clearer, Healthier Work Habits

Danielle Siwek of Mound, Minnesota is encouraging professionals to replace reactive work habits with simple daily practices that improve focus, communication, and long-term wellbeing.

Mounds View, Minnesota Aug 19, 2026 ([Issuewire.com](https://www.issuewire.com)) - Strategic Planner Danielle Siwek has announced a new personal pledge encouraging professionals to build healthier, more intentional work habits in response to rising workplace stress, constant distractions, and increasing organisational change.

Drawing on her experience helping businesses navigate growth, acquisitions, and workforce planning, Siwek's pledge focuses on practical behaviours that individuals can adopt without spending money or changing careers.

Rather than asking people to work harder, the pledge encourages them to work with greater clarity and consistency.

"I've learned that strategy only works if it helps people do their jobs better," says Siwek. "The best plans are practical. They create clarity instead of complexity."

Throughout her career, Siwek has seen how clear communication and thoughtful planning improve both individual performance and team success.

"When teams understand expectations and trust their leaders, everything works better," she says.

Her experience working through multiple organisational transitions also shaped her perspective.

"My job is really about reducing uncertainty," Siwek explains. "Good planning helps organisations stay focused even when the business environment changes."

She believes those same principles can help individuals build healthier work routines.

"I've never believed leadership has to be loud," she says. "People usually respond best to honesty, structure, and follow-through."

Why This Matters Now

The pledge comes at a time when many professionals report feeling overwhelmed by the pace of modern work.

Recent research highlights the challenge:

- **More than three-quarters of employees report experiencing workplace stress**, according to Gallup's State of the Global Workplace research.
- **Task switching can reduce productivity by up to 40%**, according to research from the American Psychological Association.
- **Knowledge workers spend a large portion of each week responding to emails**,

messages, and meetings, leaving less time for focused work.

- **Burnout continues to be recognised by the World Health Organization as an occupational phenomenon linked to chronic workplace stress that has not been successfully managed.**

Siwek believes many of these challenges can be addressed through consistent daily habits rather than dramatic changes.

Danielle Siwek's Personal Pledge

As part of this initiative, Siwek has committed to seven personal behaviours:

- **Begin every workday by identifying my three highest priorities before opening email or messaging platforms.**
- **Protect at least one uninterrupted period of focused work each day.**
- **Communicate expectations clearly instead of making assumptions.**
- **Review upcoming work at the end of each day so tomorrow begins with a plan.**
- **Continue learning through professional development and personal growth, including my yoga teacher training.**
- **Support my community through ongoing volunteer work whenever possible.**
- **Choose consistency over urgency by building systems that reduce unnecessary stress.**

Do It Yourself Toolkit

Anyone can begin following similar habits today without paying for services or purchasing new tools.

Try these ten actions:

- Write down your top three priorities each morning.
- Silence notifications during one focused work session.
- Spend five minutes planning tomorrow before finishing work.
- Keep a notebook of recurring problems and possible solutions.
- Schedule one genuine break away from your workspace.
- Ask one clarifying question before starting a new assignment.
- Organise your workspace for five minutes each day.
- Spend 15 minutes reading about your profession each week.
- Reach out to one colleague simply to offer help or appreciation.
- Reflect every Friday on one habit you improved during the week.

30-Day Progress Tracker

Participants can monitor their progress using this simple checklist.

Week 1

- ☐ Set daily priorities.
- ☐ Complete one focused work session each day.
- ☐ End each day with tomorrow's plan.

Week 2

- ☐ Reduce one regular distraction.
- ☐ Communicate expectations more clearly.
- ☐ Keep notes on recurring challenges.

Week 3

- ☐ Continue daily planning.
- ☐ Add one professional learning activity.
- ☐ Make time for one community or volunteer activity.

Week 4

- ☐ Review your progress.
- ☐ Identify your strongest new habit.
- ☐ Choose one practice to continue long term.

Join the Pledge

Danielle Siwek invites professionals, students, managers, and anyone looking for a more intentional workday to take the pledge.

Choose one of the seven commitments and begin today. Download or recreate the toolkit, follow the 30-day tracker, and share your progress with colleagues, friends, or on social media to encourage others to build healthier work habits.

Small actions repeated consistently can create lasting change.

To read the full interview, visit the website [here](#).

About Danielle Siwek

Danielle Siwek is a Strategic Planner based in Mound, Minnesota. She has built her career through leadership roles at Village Automotive Group, Open Systems International, AspenTech, and Emerson, where she focuses on workforce planning, organisational strategy, and helping businesses navigate growth and change. Outside of work, she is completing a 300-hour yoga teacher training and supports community organisations including the Red Cross, Soles4Souls, and Bridging.

Contact:

Info@danisiwek.com

Media Contact

Danielle Siwek

*****@daniellesiwek.com

<http://daniellesiwek.com>

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