



SUCCESS in 2017: Tips from Chaplain Benton

Have you committed to making 2017 a more successful year for yourself and your family? Every time a new year rolls around, it gives people the opportunity to reflect on the previous year and set new goals for the current one. These New Year's resolutions can be anything, but many of them revolve around success in some way. We sat down with Boyd's dedicated chaplain, Gaylon Benton, to get his take on how drivers can make this year their most successful yet.

Q: Tell us a little bit about your work as a chaplain with Boyd.

A: Technically I'm not a Boyd employee because I'm actually contracted through another organization, but since I've been working with Boyd drivers for 12 years, I feel like I'm part of the Boyd family. That's what the culture is like around here – it's such a tight-knit family that truly cares about one another. It's why I love my job. Drivers come to me and while I can't always fix everything, I want them to be encouraged.

Our chaplain program, which is available to all Boyd staff and drivers as well as their families, is non-denominational and non-sectarian. It is completely confidential and 100% voluntary. In addition to my chaplain services, we also have a prayer network set up. Whether it's job stress, financial issues, marital issues, a death in the family or just being weary from being separated from their family, I'm here as a support resource if drivers need it.

Q: What can drivers do to set themselves up for success this year?

A: Set the right priorities. For instance, my priorities are, in order: my relationship with God, my relationship with my family, and third is my work and ministry for God. Everyone has a different priority list, like finances, marriage and such. If you set the right priorities and stick to it, I think you'll be much more successful.

Q: Driving can be a stressful profession. What recommendations do you have for drivers on staying positive?

A: One thing you can do is try to not focus on the thing that's happening right now. We probably need to hit the pause button, take a step back and look at the big picture. Ask yourself, "Is this as important as I'm making it out to be?" Choose your battles wisely.

Q: What are your thoughts on New Year's resolutions?

A: I think most people throw their New Year's resolutions out the door in 2-3 weeks, if I'm really being honest. But it's also great for giving people the ability to think about their priorities and what they want to change going forward. I do think it's a good idea, because you're evaluating you're habits, lifestyle, exercise and how you eat and such. If you do commit to changing or setting these priorities, the key is following through.

Q: Do you have any other advice on how to make 2017 a great success?

A: Set up a budget. I can't stress this enough. A lot of times, people really worry about their finances and that worry can affect other areas of your life. I think if a person can set up a budget for their family and really know where their money is going, you'll be setting yourself up for the better long-term. Driving can be somewhat of a seasonal job with its ups and downs, so just really focus on being a better manager of your money and time.

Gaylon Benton is a full-time dedicated chaplain with Corporate Chaplains of America. Utilizing a chaplain in the workplace isn't a commonly-known practice, but companies have found that it can have an extremely positive impact. Boyd is proud to offer this unique service to its employees. Benton has been a chaplain with Boyd Bros. Transportation since 2005. He has over 30 years of pastoral experience prior to becoming a chaplain. Benton is available to Boyd employees any hour of the day, any day of the year for help during a crisis.