

## **How to Be Creative in a Toxic Workplace**

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1. Let go of wanting approval from authority figures.
2. Look for meaning in ordinary things.
3. Don't compare yourself to others.
4. Give up self-judgment.
5. Find activities outside work that provide satisfaction and fulfillment.
6. Perceive obstacles and problems as opportunities to grow and deepen your experience of life.
7. Stay in the present to avoid worry and doubt.
8. Detach yourself from expectations.
9. Do not submit passively, but surrender yourself totally to the work that needs doing.
10. Pay attention, don't think too much, and stay light on your feet.
11. Be positive and helpful.
12. Don't take anything personally.