

Finding Happiness at Work

Work is the place where we spend most of our time, but so many people seem unhappy and dissatisfied with their jobs.

The type of work you do, your title, or your salary have very little to do with whether you are happy at work. Self-esteem and believing you deserve to be happy do.

In his book, **The Joy of Working**, Denis Waitley says that self-esteem is the first key to finding happiness on the job. Self-esteem is a deep-down feeling in your soul of your own self-worth. People who enjoy their work develop strong beliefs of self-worth and self-confidence regarding everything they do.

Setting and achieving goals that are important to you are a necessary part of developing self-worth. Waitley advises people to chase their passions, not their pensions. People who are working for their salaries alone become slaves to their work. People who are involved in what they're doing, who put their signature on everything they do, find satisfaction and happiness on the job.

Suggested Strategies

- 1. Reflect on how fortunate you are to have the work, and think about how many people are unable to get any kind of work.**
- 2. Discover a sense of purpose by viewing your work as a calling instead of a job.**

No matter what kind of job you have, you can find greater meaning in your work with attention and effort. Once you discover how you are contributing to the greater good of society, you can remind yourselves of that, particularly when you become bored, overwhelmed, or demoralized at work.

If you see your work as a calling, you will not tire as easily, your boredom will be reduced, and you will have a greater sense of purpose and resolve. With that view, you can maintain your interest and enthusiasm, even when things aren't going well, if you don't get a raise or promotion, etc.

- 3. Wake up happy.**

Optimism is a learned attitude. If you start thinking positively early in the day, you're more likely to stay positive as the day progresses. To have a happier morning, wake up to music instead of an alarm. Begin your day by saying something positive to your partner, your children, or the first person you see.

4. Start your day with positive self-talk.

The role of positive self-talk in maintaining a positive attitude has been well-documented, and it is most effective when spoken in the present tense. For example:

- Today will be a good day.
- I'm going to take steps today that will move me closer to my goals.

5. Appreciate each moment of your working day.

If your work seems boring or unchallenging, take the opportunity to practice relating to others with kindness, compassion, and tolerance, which are much more important and stable sources of satisfaction.

6. Always greet your co-workers and your boss with a smile.

A smile establishes your own self-worth and shares it with others.

7. Make a special effort to cultivate good relationships with people at work.

Get to know other people. Expect the best from others, including your boss, co-workers, subordinates, and customers. Be a leader in spreading encouragement and praise. You will be surprised how people will live up to what you expect when you share your positive expectations. One person who is consistently cheerful, open, and kind can transform the work environment.

8. Recognize that we all depend on one another for our livelihood.

The deeper our appreciation of that reality, the greater our willingness to work cooperatively with others will be.

9. Stay away from pity parties or gripe sessions.

Joining in may feel like worker solidarity, but it is actually climbing aboard a sinking ship. Instead, find happy and successful role models to pattern yourself after. Surround yourself with people who enjoy their work.

10. Don't take personally the behavior of hostile or demanding co-workers, supervisors, subordinates, or customers.

Realize that their behavior usually has nothing to do with you and that the causes of their behavior are usually issues unrelated to the job, such as low self-esteem, problems at home, etc.

11. Set your own standards rather than comparing yourself to others.

Successful people run their own races.

12. Be persistent in visualizing your ultimate goals and dreams of achievement.

Keep a positive attitude when times are tough and your perseverance needs bolstering.

13. If you feel that you are not being paid enough, keep in mind that money is a poor source of self-esteem.

Constant focus on money can lead to unrelenting stress.

14. View change as normal.

Constantly monitor and evaluate your capacity to be flexible, open to new ideas, and adaptable to change.

15. Don't let trifles bother you.

If the effort it takes to change something exceeds its worth, forget it and learn to live with it. Keep your mind free to concentrate on larger issues and problems.

16. Turn your dilemmas into opportunities.

Examine your most pressing problems on the job. Then, to gain a better perspective, come up with solutions as if you were advising one of your best friends.

17. Don't make too much of your mistakes.

Mistakes are part of being human. Concentrate on the lessons to be learned from even the most trying situations.

18. Start your improvement plan today.

People who never go anywhere in life are always saying, "Someday I'll _____." Successful people know that someday starts right now.