

5 Ways to Be Happier at Work



We have the power to be happier! When we mindfully create more happiness for ourselves, we improve our quality of life and create more happiness for others. Try these five actionable ways to be happier at work.

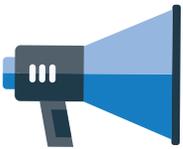
Practice Gratitude



When we regularly practice gratitude we give ourselves a much needed pause for reflection and renewal. Thankfulness promotes positivity, compassion, and stronger relationships. It can even improve our mental and physical health.

TRY IT: Create a daily professional gratitude practice. At the end of your work day, take 2–3 minutes to notice the people or events for which you are grateful. Try expressing it out loud or journaling your thoughts. Be specific and stretch yourself beyond the examples right in front of you.

Share and Amplify Joy



We all carry bite-size bits of joy. Yet, all too often we don't share them with others. When we speak our joy aloud, others can feel it too.

TRY IT: Pay attention to what you enjoy most about the work day and call it out. Amplify others' joy by noticing and sharing when colleagues smile, laugh, or engage with enthusiasm.

Flip the Script



When we find ourselves in worst-case-scenario thinking, we have the power to adjust our mindset and imagine the best-case-scenario happening. Thinking proactively gives us the freedom to generate positive emotions from experiences that haven't even happened yet.

TRY IT: Begin the morning by spending a minute imagining the best possible day you could have—maybe while you're brushing your teeth. Before you go to bed, picture an incredible day tomorrow.

Demonstrate Generosity



We feel good when we make others feel good! Giving someone the right gift—whether time, appreciation, or a literal gift—can help build positive connections that make today, tomorrow, and the days that follow more enjoyable.

TRY IT: Make the right Emotional Bank Account deposit by focusing on the recipient's currency. Choose work-appropriate gestures and keep an eye on fairness so everyone can feel the benefit of your generosity.

Manage Commitments



Jamming too much into the day can create anxiety. We can choose to be gentle with ourselves by practicing Habit 3—setting reasonable and fair expectations for ourselves. We can approach each day with flexibility and grace.

TRY IT: Take 30 minutes at the beginning or end of each week for Q2 planning—reconnect to your roles and commit to and schedule your Big Rocks. When creating your schedule, prioritize 10 minutes at the beginning or end of each day to reflect. Capture the gold from yesterday by celebrating your growth and wins! Then, recommit to your Big Rocks and priorities and boldly take on a new day!