

## 10 ways to optimize your happiness at work

### 1. Appreciate who you help.

Finding meaning at work isn't easy when you are having a rough day. Try thinking about the effect you have on the people you help. If you didn't do your work then what would the customers and/or your co-workers be missing?

### 2. Become more aware of your negative self-talk.

You have continual dialog going on inside your head. The dialog can be positive, negative, and neutral. What you do with this dialog will determine your perspective. If you are having thoughts that subtract from your joy then try to offset this with fresh angles that help you see the positive.

### 3. Don't take comments personally.

I've learned that people who speak negatively about other people really see these traits in themselves. You can adjust your perspective on other people's comments by empathizing with them. Ask yourself, "Why do they feel this way about themselves?" By trying to see life from their perspective, you will understand that they are just dealing with their own issues.

### 4. Help someone else become happy.

Increase your own happiness by helping someone else become happy. You can surprise them with a small gift or help them with their project. You'll feel good and so will they.

### 5. Remember 3 good things.

You need to find ways to appreciate what you have without comparing yourself to other people. Look at all the good things in your life. At the end of the day list 3 good things that happened and appreciate the value in these things.

### 6. Take 5 everyday.

Take five minutes every day to reduce your stress. By taking a short walk or reading an inspirational book, you'll be giving yourself some much needed "me time."

### 7. Find a way to laugh.

By encouraging laughter you will make your day much more enjoyable. So try sharing a funny story with a co-worker or read/watch something comical on or off line. You'll release those feel good chemicals and increase your motivation.

### 8. Use more of your strengths.

You need to find a way to use your strengths at your job so you can leverage more happiness. That may mean volunteering for work that you enjoy doing even if you have a full plate. Your manager and co-workers will hopefully notice and try to give you more work that stimulates you.

### 9. Compliment a co-worker.

Complimenting someone else will make you feel good, as long as it's genuine. So find a co-worker who is working hard and compliment them, not just the finished project, but how hard they worked to get the result. By complimenting the effort, you are showing them that effort is most important. They will be more willing to work hard instead of just trying for certain results.

### 10. Create a daily mantra.

I have a daily saying that I tell myself: "Be here now." This is something that I repeat especially when I feel stressed. By focusing on the present moment, I find that it's easier to enjoy a situation.