# Coaching Tip: Steps to Increase Your Happiness On the Job

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***"Choose a job you love and you will never have to work a day in your life."-Confucius*** As a former educator, I really can attest that I never felt I worked a day in my life.  Of course adjusting to my new career took time and effort and learning.  All in all, I was happy, fulfilled, and invested in the process.  I had passion and this was the ultimate inspiration for me to get up and go to "work" each day. Follow the activities presented and you too will see a new way of finding happiness at work and in life. Activity:

* When situations occur, be descriptive, not judgmental
* Work on keeping the emotionality out of the situation by recognizing how to lessen a negative effect.
* Develop resilience: accomplish your goals even in the face of adversity.  It will be a challenge as well as a refreshing stimulus.
* Consider "letting go" of your expected negative feels about someone.  Enter the relationship with a clean slate.
* Distractions create stress.  Take time to turn off all electronic devices. Work in a more focused environment.
* Be happy.  Look at occurrences by leaving off the negative labels. Look at the possibilities. "This is just the way it is."
* Focus on the process, not the outcome.  Outcomes are often outside your control.  Actions are within your control.
* Free your mind of negative mental chatter. Visualize a pleasant situation for 15 minutes every once in a while.
* View people not as a means to get something for yourself, but being there for you to serve. What can you do for them?
* Enrich your experience at work.  This will create enthusiasm for what you do.  This can lead to a better feeling and perhaps passion about your job.
* Aspire to be a person in a group of people you respect and admire.  It will bring out the best in you.  Rise to the occasion.

These activities are based on the book: Happiness At Work by Sirkumar Rao Your attitude at work impacts your attitude in life and visa versa.  Work on finding your passion, fulfill your needs, create the best life for yourself. Email: [Isabel@uniquepathways.com](mailto:Isabel@uniquepathways.com) to comment on this activity.