

10 Tips on How to get Happier at Work:

1. Discover what you want out of work.
2. Go to www.authentic happiness.org, register, and do the Signature Strengths Questionnaire. Find ways to use your signature strengths more each day.
3. Focus on gratitude. Every day, write down 3 things that went well.
4. Change your thoughts. Identify painful thoughts. Substitute truer-better-feeling thoughts.
5. Identify the activities you do at work that have flow potential and find a way to do more of these activities.
6. Identify what bothers you in your workplace and jumpstart the change process in your company by taking a leadership role.
7. Learn to listen to your essential self, and follow its counsel.
8. Identify what makes you feel strong (energized) at work and what makes you feel weak (drained). Find ways to stop doing the things that make you feel weak, and do more of the things that make you feel strong.
9. Identify the feeling you want to feel at work, and find ways to put that in your job right away.
10. Identify the **what, who and why** of your job and figure out what is missing for you. Discover ways to modify your job so that you can meet your real needs!
11. Hire me as your coach!