



8 Tips for How to be Happy on Your Job

by Patti Hathaway, Business Advisor & Author

Bottom line: People choose whether or not to be happy in life or on their job. No one can make you unhappy in your job without your consent. We own our feelings and reactions to our workplace. It's our decision whether or not we will be happy.

DON'T:

- * Constantly dwell on the things you hate about your job. Instead, focus on what you like or enjoy about your job. Write down 3 things you like and post them in your office.
- * Whine and dine. If you don't like how something is going on your job, go to the person who can make a change and present some alternatives that you would be happier with.
- * Spend more than you make. This causes unnecessary stress both at home and at work and traps you at work. Work towards saving money so that you can take another job if it becomes available or retire early.
- * Don't listen to the same news five times a day. Pick and choose what news you want to hear and have it sent to you via e-mail. Instead, listen to music, read a good book, or watch a movie.

DO:

- * Choose wisely the people with whom you go to lunch. If you constantly go out to lunch with the company's whiners and complainers, you will become a whiner and complainer. We become whom we hang out with.
- * Fake it until you make it! For one day, go into work and pretend you are having the most fabulous, super-fantastic day . . . and you will. You know this is true so do it everyday until it becomes a habit!
- * Set daily goals and accomplish them. Often it's when we procrastinate, don't get our jobs done and fall behind that we dream about getting out. Get on top of your job and stay there. Reward yourself when you do get things done but not before then.
- * Make it a point to praise or thank someone each day. It forces you to look for the positive in others around you. You will be amazed at how a thankful attitude can be contagious.

You are defined by the choices you make. Choose wisely everyday...

Patti Hathaway, CSP, The CHANGE AGENT, is one of fewer than 7% women worldwide to have earned the Certified Speaking Professional designation from the National Speakers Association for her proven presentation skills. She is a Business Advisor and the author of 6 books that have been translated into 5 languages and have sold over 100,000 copies. Patti solves your people challenges by providing highly customized solutions to meet your needs. Contact Patti at 1-800-339-0973 or at her web site: www.thechangeagent.com for information on her speaking and consulting services or to receive her free e-mail newsletter/blog.

I start in the morning in the shower, repeating several times, "its going to be a Great Day." By the time, I leave my house in the morning, I super charged for a Great day. I avoid negative people in the workplace. If one says something negative, I come back with a positive or neutral opinion, in which makes me feel really good, because I didn't lower myself to the negativity surrounding me.

Laura LaFontsee, 5/3 Bank

My best "don't is "don't listen to the same news..." The part I especially like is "listen to music, read a good book, or watch a movie." I believe what we "take in" affects us greatly!

I know you said the best, but I also like the don't "constantly dwell on the things you hate about your job. I like the "Instead focus on what you like...write down three things you like and post them!

I look forward to the "Do's" next month!

Thanks again, Patti!

James Foster, Purdue U

Don't wear your emotions on your sleeves. People may use it to there advantage.

Claudine Sutherland
Classification Secretary, T.E.D.C.
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Don't expect anything but a paycheck. You are not at work to receive rewards and recognition. You are there to perform a service. If your expectations are set correctly from the beginning, you cut out the stress of disappointment and office envy. Rewards are nice, but you'll never get one concentrating on what others are doing and setting yourself up to get one. **Work from within. Work in excellence everyday as if your boss is watching you every minute. Trust me, your superiors know what you are doing besides, the satisfaction of doing a great job is a stress reliever. You will be rewarded for it. Its a law of nature and one of the great principles of the bible. Whatever you give, you'll get it back at least two fold. It may not come on your job, but in some aspect of your life, you will be rewarded. Its good karma.

Adriane Dean, Bank of America