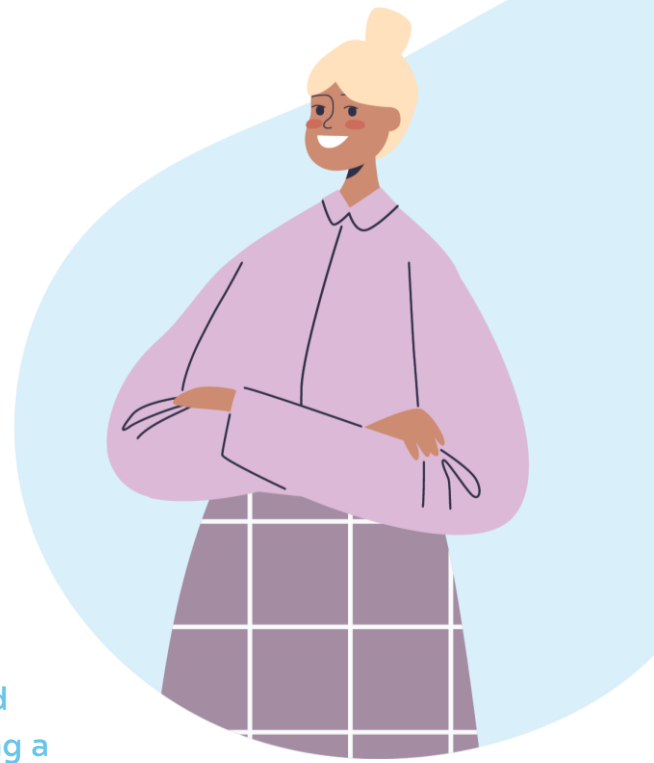


Connect to Your Work

Productivity and efficiency tend to be the focus of professional improvement. While these are important, equally as crucial is fulfillment and satisfaction in your profession. It can be difficult to remain enthusiastic about work day to day, year after year; but having a professional purpose and identity gives life meaning and motivation. Feeling fulfilled at work can begin with taking a few simple actions and mindset shifts. Continue reading to rekindle your passion for work and find the balance between professional productivity and personal happiness.



Be Intentional

Start and end the day right. Start the day on a good note by doing something enjoyable. Research shows that how you feel in the morning affects productivity and positive interactions throughout the day. Plan a few extra minutes to savor your morning coffee or get some fresh air. End your workday by acknowledging the good. Our brains are better at remembering the bad than the good. Keep it simple and think of something you appreciated about your day and write it down.

Invest in Positive Relationships

Who we work with is as important as what we do. Positive relationships at work not only make the day to day more enjoyable but can also be motivating and inspiring. Ask your coworkers what their ‘why’ is or what drives the passion and enthusiasm behind their work.

Offset Negativity

If you went into a restaurant with the strong opinion– “I’m not hungry. There won’t be anything here I want to eat. I don’t want to be here”–the menu isn’t going to look appealing. You won’t explore it with due time or attention, and it’s unlikely you’ll find food you’ll enjoy eating. The same principles apply to work. Try to maintain a positive attitude and avoid negative talk about coworkers or work in general.

Make Moves

Talk with your manager about goals and how you’d like to advance in your role. Suggest projects you are passionate about or certifications that may be beneficial for your position. Have a conversation about skills and experience you can bring to the table.

Remember Your Why

Most of us don't have the luxury of working solely for fun. Consciously connecting our jobs to those we're ultimately serving makes completing that work more purposeful. For example, parents often work to provide for their children; and those without kids often help support aging parents. Those without families might use their resources to support organizations or their friends in times of need. Shift your mindset to remember why you were originally excited about position. Consider these questions to hone in on your professional purpose and find fulfillment beyond clocking in and out.



Questions

- › Do you work for the challenge, to gain a sense of achievement?
- › Do you want to get out of the house, to be amongst other people?
- › Do you want to work for yourself?
- › Do you want to be highly successful in your chosen field?
- › Do you want to help others?
- › Do you want to be creative?

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