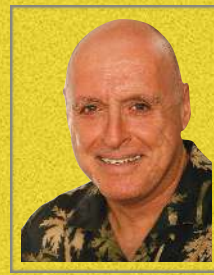


THE EXTRA POINT

BY JERRY ROBERTS



280 How to Be Happy at Work

You're unhappy at work and when things aren't going well in your career, for many of us it tends to spill over into other areas of our life. So what can we do? I'm Jerry Roberts and today, ideas on how to find more happiness on the job, next, on The Extra Point.

In thinking about numerous topics we've covered here on this program, plus training courses I've created, there are about 30 separate ideas and strategies for increasing job satisfaction and getting more enjoyment out of our career choices. We'll get to 10 of those today. Here we go.

1. Only make commitments you can handle. We're working on something with a deadline and the boss drops another job that needs to get done, and we know we can't deliver both on time. Stress piles up because we don't say anything. We need to say, "Boss, we're going to have to choose what to finish first because it's not possible to deliver both at the same time. What's your preference?" Don't shoulder the responsibility for impossible tasks. Either get help to lighten the load or choose to prioritize completion.

2. Be happier by making more friends at work. We all need a support system on the job.

3. Don't try to change people. It's a recipe for frustration. You can influence them with your positive attitude, professionalism, strong work ethic, and kindness. Rather than getting in their face over things you don't like, instead be the person you'd be excited to work with. If they change as a result of your example, that's as good as it gets.

4. Park your personal baggage during working hours. When overwhelmed by the burdens of life, it's tough to be happily productive at work. If personal issues are getting you down, protect your work hours as they may be the best eight you get all day.

5. If possible, add a little variety to your work. If you do the same thing day in and day out, work can lose its excitement and even become boring. Is there somebody you can swap tasks with to introduce a little change in your day?

6. Don't sweat the small stuff. If the little things people do tend to bother you, have a talk with yourself and decide to ignore what can be ignored. Most of us have habits and ways that bug somebody and no doubt we've had folks in our life who've bit their tongue and endured our stuff. Let's try to do that for others.

7. We need to accept responsibility for our career and our progress. If we don't get as far as we want, it's not our boss's fault.

8. Eat healthier, exercise, and sleep more. If our body is struggling our mind won't be far behind. We've talked about this a lot. This is a huge factor in success and happiness. Don't ignore this.

9. Avoid negativity. You may not think so at first, but in time those things drag us down and reduce our enjoyment on the job.

10. Choose to be happy. Yep, it's a choice and it's on us to do it. Not our boss, not our team members, not our vendors or our customers. Not our friends, and not even our family. It's nobody's job but ours. All those people can certainly add to our happiness, but they're not responsible for it. We are. Step up, accept that and do the things you need to do. Be happy.

That's The Extra Point. Get out there and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts. ###

For information on training and consulting services from Jerry Roberts, please click this link: guamtraining.com

