

60 Ways to be Happier at Work - Starting Now

- 1 Clean your desk or workspace of clutter
- 2 Clear your work bag and only keep things you need and love
- 3 Dust, vacuum, sweep your office area
- 4 Look over old annual reviews that were great and conjure up those feelings
- 5 Create a few playlists on Spotify. One that gets your energy up, one that helps you concentrate, etc.
- 6 Bring one thing to work that makes you smile and keep it in your constant eyesight. (picture or knickknack)
- 7 Research and implement feng shui for your office or workspace
- 8 Create a graph in excel of your salaries since you started in the adult working world to see how far you've come.
- 9 Rate your company on Glassdoor anonymously
- 10 Find something to do on Sunday nights to take your mind off the upcoming workweek
- 11 Find peer groups online - like Career Makeover Society
- 12 Write down one thing a day on your calendar or planner that either went well, made you laugh or that you want to give gratitude for.
- 13 Hire a career coach
- 14 Work with an EFT Practitioner - like me!
- 15 Make a digital vision board and put it as your background
- 16 Change your password to your next goal. Ex partner2021\$200K
- 17 Use your vacation time
- 18 Do your hair instead of a messy ponytail
- 19 Dress in a work outfit that makes you feel great
- 20 If you commute to work, clean out your car
- 21 Find a mentor
- 22 Take a webinar on your topic of choice - a software you use or a career you are interested in
- 23 Take the Strengthsfinder test and find out your best strengths
- 24 Start a list of all of your skills

- 25 Start a list of all of your interests
- 26 Clear out personal items from your email and computer - send them home or put in a dropbox - especially helpful if you don't plan to stay at your current employer
- 27 Reach out to an old coworker that made you happy
- 28 Put a plant on your desk
- 29 Create an affirmation that keeps you feeling great - be positive
- 30 Take a walk
- 31 Find a gym nearby and go during lunch
- 32 Read an article about your career that's positive or find someone positive in your field or in a field you want to be in and watch a Youtube video of them or about them
- 33 Set yourself a goal
- 34 Think of the funniest thing that's ever happened at work
- 35 Take the enneagram test to see where you land. Plenty of articles and blogs that can help you with your career based on your unique personality
- 36 Leave no later than 5pm
- 37 Visualize yourself feeling great at work
- 38 Buy yourself a new notebook. You can use it for meetings or for journaling about your dream job
- 39 Have a nice lunch today
- 40 Look up yoga poses you can do at your desk and do them
- 41 Look at career advice based on your zodiac
- 42 Listen to an audiobook or podcast about career changers - I personally like Barabara Sher's book "I Could Do Anything if I Only Knew What it Was."
- 43 Unsubscribe to 20 email lists
- 44 Find a funny joke
- 45 Listen to a podcast that makes you laugh
- 46 Go to lunch with a good friend or colleague
- 47 Go to bed at a good time
- 48 Check out a fun book from the library
- 49 Think of an old boss or coworker that made you miserable and do a cord cutting guided meditation
- 50 Open all mail that's piling up & clear the clutter from your inbox- physical or digital
- 51 Find someone positive in your field or in a field you want to be in and watch a Youtube video of them or about them
- 52 If you aren't one to check frequently, look at your retirement account and see how great it's doing

53 Book a tarot reading for guidance. I can help with that

54 If you are looking for a new job or career, write out your resignation letter, even if you aren't even close to finding something. Put a date on it. And do this at home, not at the office

55 Find a therapist

56 Book a stress-relieving massage

57 Keep nice smelling lotion on your desk and use it

58 Have that difficult conversation - no that part isn't happy, but you'll feel better once it's over

59 Write out a description of a job you would hate. It'll help make this one feel better.

60 Ask a coworker to cheer you up