

Be Present

An employee who is busy doing his/her work isn't concerned about anything other than the current job at hand. They are present to do good work. Sometimes it's hard to put ourselves in the moment, but the more we can get lost in our work, the more fun it becomes.

This means getting out of your 'world' so you can be present for someone else. It means pushing aside all emotional baggage and worries about both the past and the future in order to appreciate the opportunities you have available to you, right now.

Create Your Attitude

Our choice of focus on will determine how we feel. If all we do is complain about money or the boss, we are creating a very negative mindset. Focusing on our wonderful co-workers and how we enjoy the work that we do will cause allow us to see the positive in our situation.

Most people believe our attitudes are caused directly by outside influences like unpleasant experiences or negative people. While external pressures may trigger our feelings, we are the ones wearing those feelings like a suit of clothes. We have a choice to be subservient to these external events, few of which we have any real control over, or we can take charge and create our own responses.

Make Someone's Day

Let's discuss the importance of gratitude; more specifically, the sharing of gratitude with others. Gratitude makes the giver feel good as well as the person who receives the compliment. When we learn to stop worrying about how we are going to be happy at work and start to focus on helping others to be happy, the byproduct is our own happiness increases.

The phrase, "Make someone's day" means taking a genuine interest in the unique gifts of others. Whether it's spontaneous or planned, when you make the effort to brighten someone's day—not because you want a reward, but because that's the person you want to be—you receive an internal gift that makes life even more meaningful as well.

Play

Having fun at work is a must. Companies that only make products and push them down people's throats make work a real drag.

An 'all-business' approach has a steep human cost: It's not inspiring. We shut down emotionally and many who might make creative contributions keep that part of themselves at home.