

How to create happiness at work!

Start by creating a balance sheet to gain a quick overview of your current situation:

What I don't like about my job	Why?	How do I feel?

What I like about my job	Why?	What I want

Then, ask yourself: What of these components of your work could you pro-actively change? Think about the circle of influence.

And, the ones you cannot change, what's your current perspective on this? In how far, is this perspective helpful to make you feel better at work.

Let me know what are your challenges? [Get in touch.](#)