



BeHappy! at Work

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An Introductory Note

Since you are reading this book, I assume you are: (1) currently in a *job* or involved in a career, (2) looking for a *job*, (3) preparing for a career, or (4) considering a career change (or at least would like to change). Most of you are probably in the first group – “currently in a *job*” or “involved in a career”. I also assume (since you are reading this) you would like to enjoy your *job* or career more. You may even “hate” your *job* right now and want to make some major changes.

This book will help with any of these situations by guiding you through a process to help you *do what you love* or, at the very least, learn to *love what you do* (I’ll get to the difference between these two things in a few minutes).

Right now, though, just imagine yourself a year from now – absolutely loving your *job*, advancing your career, or even changing to a new, exciting, fulfilling career (if that’s what’s best for you). Imagine how your whole life would change – how *happy* you would feel – if every morning you woke up, without even the need for an alarm, because you are enthused about starting the day and participating in a “process” (one you currently call *work*) that inspires and adds passion, fulfillment, and even fun to your life. This is all possible through this book and through the website at www.behappy101.com.

For those of us who “*work* for a living”, it’s clear that the majority of the hours we spend awake in our life are “on the *job*”. So at least part of our happiness – perhaps a large part – could hinge on how passionate, fulfilled, and motivated we are in our careers.

So don’t waste the time you spend at *work* being bored, unfulfilled, unhappy, or miserable. Use this quick, simple book and...

BeHappy! (at Work) my friends

PS: If you want additional, personal help learning to *love what you do*, contact me for a free e-coaching session at www.behappy101.com/email-coaching.html

Introduction

About this Book

This book is intended to have a profound impact on your life. In your current *job* or career, it will allow you to change your perspective and your attitude, if that's what is needed to help you *love what you do*. That's not an easy task. Part of the process requires you to get yourself to think differently. And that's what this book will help you start doing. But this is a complex and multi-faceted subject, so I will be following up with additional information in the **BeHappy!** Newsletter and at www.behappy101.com.

What's important is that, if you are not totally happy, you at least begin a process ... a process designed to make you happier next week than you are today, happier next month than you are next week, and happier next year than you are next month.

Part of that process likely relates to your happiness at *work*, because what we do as our *primary source of income* can have a huge impact on our lives – and our happiness.

So, if you are not “happy at work”, use the information in this book to start the process. Also, go to the website (www.behappy101.com) to get more information and order the book – “**BeHappy!**” – to advance the process. You'll be happy you did ... guaranteed!**



****Important Guarantee****

While most of the information here at behappy101.com is free, I want you to *BeHappy!* with anything you purchase from us; our reputation depends on it. Nothing is more important to me personally than for you to be completely satisfied with the information you receive. So if you are not satisfied with anything you buy on the BeHappy101.com site, for any reason whatsoever, simply contact me at <http://www.behappy101.com/contact.html> and I will have a refund check cut and sent to you immediately – no questions asked.

Preface

“Work”

I prefer not to use the words “*work*” and “*job*” when referring to what we do on a daily basis for income. Why? Because, to me, both of these words can imply something “negative” psychologically to many people (perhaps *most* people). Without even realizing it, our minds can tend to associate *work* with something tedious or boring – causing us to simply *feel* a bit negative about it, perhaps only subconsciously.

And similarly, the word *job* can imply something negative, perhaps because we feel it is something we are forced to do because we have to “pay the bills”. Most times, it’s something we *have* to do – not something we *want* to do. And for many people, there is also the feeling that they are “stuck” in their current *job* or career, with no hope for a change.

These negative neuro-associations might be part of the reason why so many people (well over 50% of the working population) do not *love what they do*. Here’s what I mean:

When we say “I’m going to *work*”, we might *feel* a lot different than if we were to say something like, “I’m going out to get paid for contributing to the world today”. Or what about this ... “I’m heading out to do something I am *passionate* about, fulfill my *purpose* in life, and get paid for it”.

I know that may be a bit of an exaggeration – and that you can’t even picture yourself saying something as silly as that. The point is, though, our subconscious mind responds to our thoughts – which affect our attitude, and ultimately, the quality of our lives. And if we want to enjoy our *job* more, every little bit helps, including the way we think of what we do “for a living”.

According to surveys, over half of all workers are dissatisfied at *work* and/or unhappy with their *jobs* (some studies indicate it could be as high as 75%). And it seems to be getting worse. So, you are not alone if you aren’t happy at *work*. That’s part of the reason that if the words *work* and *job* have any negative meaning to you – even subconsciously – it’s better not to use them as much.

That’s why you’ll see that when I use the words *work* and *job* here in

this ebook, I put them in *italics* so you are consciously aware – even just for a brief moment – of how you feel when you read those words.

“Primary Source of Income”

I prefer to use the phrase *primary source of income* (PSI for short) to refer to *work* or a *job*. In addition to the negative neuro-association issue just described, *primary source of income* is also consistent with the whole **BeHappy!** financial, wealth-building philosophy of creating *multiple streams of income* (more on this later). Inherent in this *multiple streams of income* philosophy is the concept that you have a “primary” source of income (your main *job* or career) and other “secondary” sources of income. [Go to www.behappy101.com for a thorough description of this *multiple streams of income* concept – it’s found in the “Money & Wealth” section of the website, and can help you achieve financial security – or even wealth – if that’s what will help make you happier].

Work or Play?

Most people, if given the choice, prefer to *play* rather than *work* (*play* is essentially the opposite of *work*) – so part of the process leading to *love what you do* is to learn to associate *work* with *play* somehow; at least a little.

For example, if you had all the money you wanted or needed, would you *work* doing the same thing you are doing now? Would you *work* at all? Would you *play* more?

For those people who would continue to *work* without the need for the money – especially at the same *job* you have now – you likely have a different definition of *work* (and your current *job*) than most people. Perhaps it’s more like many people’s definition of *play* – and your *work* is something you *love to do*; something you consider fun and enjoyable (like *play*).

“Choose a **job** you love and you will never have to **work** a day in your life.”
- Confucius

Ahhhh – of course, that would be ideal, wouldn’t it? But that’s not what most people’s *work* is for them. That’s what their *play* is. That’s why they long for their time off from *work*. That’s why many people, unfortunately, “live for” those two or three weeks of vacation (*play*) they get every year. That’s why so many people are not *happy* at work – and are therefore less happy in their lives, too.

But it doesn't even have to be like *play* to be positive. Maybe it's something that challenges you and provides a sense of fulfillment. Or maybe it's just something that makes you feel responsible or professional. Perhaps it's mainly that you feel you are contributing something in some way.

Regardless of the reason, if you would continue to *work* even if money (income) were not the object, then it's probably because *work* (your *job*) somehow has a different – mostly positive – meaning to you.

And that's the main objective of this "**BeHappy! at Work**" part of the **BeHappy!** system ... to bring *work* and *play* as close together in your mind as possible. Then, the next step will be to make it a reality.

For some people, just changing the neuro-association with the word *work* to something more positive can help.

So, in your life, use whatever words you want to describe your *primary source of income* (your PSI). Just make sure whatever term you use does not create negativity for you – even subconsciously.

In this book, I'll use all of them interchangeably, since sometimes the words *work* and *job* just fit better (and are certainly easier to say). For the most part, though, I'll use the more "neutral" phrase – *primary source of income* – as much as possible.

So, let's get started...

Chapter One

Doing What You Love

NOTE: This chapter is mostly about starting out in your career doing something you love. But even if you already have a job right now, or if you're committed to a certain career path, it's a good idea to read the next couple of chapters since (a) you might learn something that could help you enjoy your current job more and/or (b) someday, you may be in a position to make a change (perhaps involuntarily) – and this will help guide you. In fact, I struggled with whether to put this chapter here, or at the end of the book. I decided to put it here because it really lays the foundation for everything else, regardless of your particular situation. So read it – even if you're already in a job or you are committed to a career.

What do you love to do? What do you do – or would you do – even if you didn't get paid for it? Is it:

- Teaching
- Playing a sport
- Writing
- Leading a corporate team
- Working with children
- Working with animals
- Helping people in need
- Acting
- Engaging in scientific research
- Gardening
- Fixing things
- Traveling
- Drawing
- Boating
- Participating in a spiritual or religious endeavor
- Building things
- Flying
- Diving
- Surfing
- Playing music

Think about it - what really makes you happy by just doing it? Consider that one thing that, more than anything else in the world, you are absolutely passionate about.

Write it out here: _____,
or on a separate piece of paper if you are reading this book on your computer.

Now, are you deriving the primary part of your income from this passion?

If you are, you are very fortunate since, for most people, the answer to that question is “no”. But if you did answer ‘yes’ – and you’re still not *happy at work* – it may be that you are bored, not being consistent with your *identity*, or are not fulfilling your *purpose* in life. We will discuss these things in Chapter Four.

For now, though, if you answered “no” to that question, there are three main categories we can divide up into at this point:

- (1) those in a position to start a new career or enter the *job* market right now (for whatever reason);
- (2) those currently in a *job* or career but would like to make a change (and would consider it) because you are not happy;
- (3) those currently in a *job* or career, but would not consider making a change – even though your current career is not something you are passionate about.

The first category is the one we’ll explore a bit further in the rest of this chapter. Then, we’ll address the other two in subsequent chapters. [And again, even if you’re not in the first category, it would be good to read this since you might learn something about yourself]

An Important “Life” Decision...

If you are in a position to start a new career or enter the *job* market right now, for whatever reason, you have a great opportunity ahead of you. You should feel very lucky and should choose carefully. Even if the reason you’re in this position is that you lost your *job* recently and are looking for what to do next, you should not just reflexively go back into the same thing if it’s something you don’t like.

I realize that’s not always easy. In fact, it seldom is easy. Most people have financial responsibilities and need the income their *job* provides – which is the main reason most people are not *doing what they love* in the first place.

But if you are currently in a *job* or career you don’t like, and have decided to make a change, you might have a bit more flexibility – or perhaps you’ve prepared for the income “adjustments” that will likely occur.

Whatever the particular circumstances you are facing, to really start the process of *doing what you love* as your *primary source of income*, consider, again, the question asked at the very beginning of this chapter ... what do you love to do? What are you passionate about? Have you answered this question? You should have written the answer earlier.

If you didn't, write it down now: _____

The next question to ask yourself is ... could I use this "passion" as my *primary source of income*? This is an important question to answer since it could determine just about everything in your life from now on.

Think about it. What you do "for a living" can influence your future income potential, the people you spend much of your time with, your health and physical activity, and where you live. And, if you have children, it could determine or influence the direction of your children's lives.

Yes, this is an important question – and a key life decision. And, even for those of you who are already in a *job* or pursuing a certain career, it's still a question you should ask yourself. Because, as you'll see in the next few chapters, you may have to make some tough, critical decisions – and take some significant actions – to address this question properly to improve your life and be happy.

"Doing What You Love" as Your Primary Source of Income...

Again, if you are just starting out in your "work life", this is a bit simpler than if you are already into your career. Simpler, but not necessarily easy.

Go back to the original question again ... what do you love to do? Let's say it's writing, as an example. It's your passion. You get up in the morning and start thinking about it. You've got several ideas in your mind for books, courses, and articles and dream of being published someday. You fantasize about the fame you might achieve as a writer. Whenever you get the chance, you are writing. It is clear you *love* writing.

So, it's simple, right? Just get a *job* or start a career in the writing field, right?

Well, maybe. But it's not necessarily that easy. Firstly, there are many ways to derive an income from writing. Do you want to work as

an employee for someone (like at a newspaper or magazine)? Or is your *identity* more suited for the “freedom” and flexibility of an independent writer – producing your own works for sale (again, we’ll get to the discussion about *identity* in the Chapter Four).

Secondly, writing is not an easy field to get into. You likely have to have talent, and possibly some formal education (especially if you are going to work for someone else, since you may need a strong résumé). You also need a lot of determination, since the field you are getting into can be very competitive.

Now, going back to your *passion*, the next question is – are you willing to do *whatever it takes* to make this happen? Are you willing to make the sacrifices needed to get to the point where you can support yourself financially, and your family if necessary, with this career?

If the answer to these questions is ‘yes’ then you should probably go for it. And I only say “probably” rather than “definitely” because this passion – and your commitment to it – must also be consistent with your life’s overall *Definition of Happiness* (go to www.behappy101.com to learn more about your *Definition of Happiness*).

If your passion is consistent with your personal *Definition of Happiness*, then make your passion your *job* and your *job* your passion so it’s not really *work*. This is the ultimate life and career situation. Ideally, everything should be aligned for the best possible outcome – your *Definition of Happiness*, your *passion*, your *purpose*, and your *identity*.

A word of caution, though ... even with everything aligned, total happiness is not guaranteed. You can be very happy at *work*, but the other parts of your life (your relationships, health, finances, etc.) can make you miserable. We have all heard of the actors, athletes, musicians, and other professionals who are *doing what they love* - and many times are very wealthy – yet are still unhappy.

Being happy at *work* is just one component of a happy *life*. It’s a powerful one, but you still have to have much more in your life to really be happy overall. You need to use the other tools in the **BeHappy!** system to live a totally happy life.

But this book is focused on your career – your *work* – your *job* – your *primary source of income*. So, the goal is to either derive that *PSI* from something you are passionate about (which is the subject of this

chapter) or find a way to be passionate (and happy) about the *job* you currently have (which is what most of the rest of this book is all about).

And, if you need to make a complete change in your career to be happy, Chapter Six will help.

Chapter Two

Your Ideal "Job"

As I mentioned in Chapter One, I believe to be happy, you need to know your *Definition of Happiness*. In other words, you need to know exactly what would make you happy in your life, and then have a plan to create and "live" that definition. It's what the whole first chapter of my book, **BeHappy!** is all about.

Similarly, to be happy at *work*, you should define your ideal *job* (*primary source of income*). So, using the discussion in Chapter One as a basis (what you love to do), let's start to identify the ideal way for you to "make a living".

What Fits You Best?

Are you someone who loves a challenge, relishes risk-taking, and thrives on variety, adventure, and uncertainty? Or are you on the other end of the spectrum, where minimal risk, stability, certainty, and a consistent routine are more important? Maybe you are somewhere in between.

It doesn't matter which it is; what matters is just that you *know* which it is, and then design the "ideal *PSI* definition" based on that knowledge. For a quick "accounting" of your personal preferences or traits, use the list below and check off or write down the ones which best fit your preferences:

Daily challenges	Stable income	Employer
High activity	Results-based income	Sole proprietor
Large responsibility	Creative	Consultant
Flexible schedule	Relaxed	Advisor
Work from home	Formal	Professional
Office environment	Structured	Fast-paced
Outdoors	Large company	Specialized
4-Day work week	Medium company	Physical
Low stress	Small company	Non-physical
Routine	Education required	Competitive
Lots of travel	No education needed	Contributing
Some travel	Variety of activities	Intellectual
No travel	Consistent activities	Public visibility
Sales activity	Part-time	Non-profit
Desk job	Full-time	Spiritual
Leading or managing	Artistic	International
Team atmosphere	Technical	Domestic
Solitary environment	Financial	Detail oriented
High risk	Sports oriented	Big picture
Medium risk	Large income potential	Fun
Low risk	Career advancement	Religious
Security	Employee	Public speaking

There are surely many other possible personal characteristics that fit you and your ideal *primary source of income*. This list is just intended to be a starting point, which can help you begin to define it – then start to visualize it.

Creating Your Definition...

With the traits you checked off or wrote down from above, it's time to formulate the definition of your ideal *job* and/or career.

There are many ways to do this. I can't get fully into this complex topic in this short ebook, but to summarize, you can start by doing three things:

1. Take the ONE THING you love to do that you wrote down in Chapter One and brainstorm ways to derive income from it. Write down whatever comes to your mind. Just write – as quickly as you can. Don't try to "think" too much – because you'll naturally filter out things that don't seem to make sense at first (but they just might later). As you are brainstorming, make sure to incorporate a few "traditional" income-producing *jobs* into the list.
2. Once you have a list of at least 25 or 30 ideas, start crossing out the ones that don't fit with the list of traits or "preferences" you just established for yourself.
3. Then, with the ones remaining (ideally between 4 and 8), start attaching income ("monetization") strategies to each. This is the toughest part. Some income opportunities may not be obvious at first. There may be some where you can't even think of ways to generate income.

Here's an example of the basic process:

Let's say the thing you wrote down in Chapter One (the one thing you love doing) was, again, writing (to stick with the previous example). Now, as you brainstorm ways to make money from writing, you start jotting down the following:

Movie scripts
Write a novel
Start a website
Start a newsletter
Advertising copy
Ghost writing
Freelancing
Medical writer
Book editing

Work at a magazine
Write a business column
Technical journal writing
Start a Blog
Write articles for websites
Educational courses
Comedy writer
Business Plans
Textbooks

Write poetry
"How-To" books
Children's books
Write sales letters
Cartoons
Speech writing
Grant writing
Play writing
Short Stories

This is just brainstorming, so anything is fair game – and as you can see, it doesn't have to be perfect. I just wrote these out as fast as I could, without thinking much. Do the same with your "passion".

Now, with this list, based on your personal preferences, you should eliminate those that don't fit you. For example, my personal traits or preferences are: entrepreneurial, creative, contributing, happiness, public speaking, large income potential. So, I might strike out all but:

Start a website
Start a Blog
Write articles for websites
Write "How-To" books
Freelancing

If, however, your preferences are: stable income, desk job, intellectual, and technical, you might eliminate everything except:

Medical writer
Technical journal writing
Business Plan writing
Work at a magazine (especially a technical one)

And, for each of these ideas, since a *stable income* is important to this person, he or she might look for a *job* in one of these areas, rather than start something new, which is usually not stable and is generally high risk.

Notice, though, that each of these (1) relate to the one thing written down as the passion in this person's life and (2) each is consistent with the personal traits identified in the "ideal *job*". By getting to this point, you can start to formulate and visualize your ideal *job* or career.

So, staying with the "writing" example, I might construct something like this as my definition:

My ideal primary source of income would be to derive a mid-six-figure income by building my own "writing business", starting with a website based on helping people become happier and more fulfilled in their lives. The business would include writing and publishing several books, many articles, and starting a Blog – as well as a public speaking component, with monthly workshops, seminars and speeches.

Notice that this definition is specific, detailed, and includes an income target (since my personal *Definition of Happiness* includes an income and wealth component). Your definition should include as many specifics as possible so you can truly visualize (and feel) the definition of your *primary source of income*.

Following this process will start you on a path toward “making a living” by *doing what you love* in your life. Even if you’re already in a *job*, this process could help you make a change or “expand” your income potential – which is important, as you’ll see shortly with the *multiple streams of income* philosophy.

Doing what you love is the ultimate goal in choosing a career. And if you’re in a position to go this route, you should take advantage of it. You’ll be happy you did.

If, however, you are not in a position to “make a living” *doing what you love* (perhaps, for example, because you are already in a *job* or career and feel you can’t make a change right now) – then read on. The next few chapters will help you begin to *love what you do* more, or consider (and begin) a process to make a change – if that’s what’s required for you to be happy.

Chapter Three

Loving What You Do

If (1) you are not *doing what you love* as your primary means of income and (2) you do not *love what you do* in your *job* or career, then you have one of three choices for your life:

1. You can stay in your current *job*, do nothing to improve the situation, and live a life that is likely less “happy” than what’s possible;
2. You can remain in your current *job* or career, and take some action to improve the situation – and your life – while staying at that *job* (at least temporarily); or
3. You can change what you do as your *primary source of income* and go into something you *love doing* or *could learn to love*

If your choice is number 1, there’s really no use in reading this book, since you can just continue the way you are now – hopefully without regretting it later.

The next few chapters are devoted to the situation represented by #2 above (doing something to improve your current *job* situation), and then Chapter Six will address the situation represented by #3 (making a change).

So, if you are in the situation described by #2 above, you’re in a *job* or career you don’t love. This is probably the situation for most of you reading this.

Let’s start with the basics. Why are you doing what you do? What made you get into the *job* you’re in right now? Were there some “good” reasons, like:

- You were passionate about what you got into, but no longer feel the same about it
- It was a family business and you wanted to help build it
- You felt it would be a solid, well-paying career, and financial stability is important to your happiness
- You had a family, needed to support them, and this was the only opportunity you had at the time
- You thought it would be something you would love, but it’s much different than you thought
- The characteristics of the career/*job* have changed dramatically over time – so you don’t love it anymore
- You had skills in the field and wanted to use those skills

Or, were there some not-so-good reasons you are doing what you're doing for *work*, like:

- You were pressured into it (for example, by parents or peers)
- It was the easy way out (you weren't willing to put in the effort to do something you really loved)
- You were trained in this area and felt "obligated" to follow through
- You didn't know what you wanted to do, and this "came along"
- You didn't think you could make enough money doing what you love

Whether you had good reasons for going into what you went into or not so good reasons, the outcome now is the same and you should do something about it.

I, for example, went into medicine for a "good reason". I thought I would love it. I was passionate about the miracle of the human body. As a child, I would dissect frogs, lizards, and anything I could, just to see the inner workings of the creature (I know – it's a bad thing, but I was just a kid).

Well, I can tell you, I trained for many, many years to become a medical doctor. I sacrificed much of my early adult life pursuing my goal of becoming a physician. And once I became one, I found I was wrong and didn't love it (I was in medical practice for about 6 years). Also, the career (and life) of a doctor is much different today than it was 35 years ago when I was in my teens and dreamed of being a doctor.

Since I am dedicated to happiness (my own included), I took action and:

- Took a dramatic decrease in income to move into something else
- Went into debt to get an M.B.A. (business) degree at the age of 31

And now, after almost 20 years as an executive in the biotech business, I realized that if you don't feel you can make a change, you must at least find a way to love it. If not, your life will simply be less happy – and I can't let that happen to you without trying to help.

So before I get into a process to help you begin to enjoy – and, yes, even love – what you are currently doing, take a step back in your mind. Remember the feeling, or feelings, you had when you were first entering your current *job* or career.

What was it like?

Did you have a “good” reason for getting into it? Were you excited about your *job* or career back then? Did you feel grateful for being able to get paid for something you could do?

If so, you need to get some of those feelings back. That’s not always easy. You’re in a different place now. But still, there could be some feelings you can get back. Try to come up with some. In the full book I’ll provide an impactful exercise designed to “draw out” and re-new those feelings, not just for a few days or weeks, but for the long-term.

In the meantime, come up with your own ways to get back some of those positive feelings you had back then (if there are any). Use any technique you can to renew your thinking and rejuvenate your career by appreciating the good things about what you do and why you got into your particular field in the first place. It’s just a start.

And if you had no positive feelings back then, you probably are in the wrong line of *work* and should go back to Chapter One to review and/or discover what you love – then go to Chapter Six to start a process of changing.

But, as a start, write down at least five – and preferably ten – things great (or at least good) about your current *job* or career.

- Are you contributing to something?
- Do you have some good friends there?
- Are you being paid well?
- Are you using your talents and strengths?
- Is there opportunity for advancement?
- Do you have a convenient schedule which allows you to spend time with your friends and family?
- Do you feel you have “job security”?

Whatever is good about your current *job*, write it down. Then, read on...

Chapter Four

Loving What You Do – Part One: Your Identity, Purpose, & Passions

Okay ... so far in this book, you have explored (1) what you *love to do* and (2) the characteristics of your ideal *job* or career. As stated in Chapter One, if you are in a position to be looking for a *job* or you're exploring a career, you can use these concepts to evaluate your options – then enter a career or *job* which can bring more happiness and fulfillment to your life.

If you are currently involved in a career and have a *job*, though, and you don't *love what you do*, then you have also hopefully started to think about what you once loved (or liked) about your current *job* or career.

Unfortunately, however, it is possible that your current *job* or career is not consistent with some part of *who you are* as a person.

Notice that the question – *do you love what you do?* – is a much different question from the question discussed in Chapter One, which is, *are you doing what you love for your primary source of income?* I have an entire article describing the difference between these two questions at www.behappy101.com in the "Job Happiness" section. Read it to get a better perspective on the difference between the two.

That's what we'll explore in this chapter, along with some other fundamentals which can help you begin a process of maximizing the enjoyment you derive from your *work*.

Your Identity

Who are you? What are your values and guiding principles? What roles do you play in life? Have these things changed over the past few years or decades?

These are the questions to ask yourself to help determine your true identity (there is more detail to help you better understand your identity in **BeHappy!** and at www.behappy101.com).

The bottom line is that you can only fully *love what you do* if it is consistent with your identity. For example, let's say you are a "private", low-key, quiet, somewhat introverted person who values stability and certainty, and who takes pride in your ability to fix things and work for long hours focused on a single project. With an "identity"

like this, you might not be “happy at *work*” if you are a stock broker or sales person (both of which require lots of external, extroverted, high-pressure characteristics).

Similarly, if you *are* an out-going, somewhat aggressive, “talkative” person who loves the outdoors, values adventure and risk over stability and certainty, and you consider yourself strong in your abilities to create a team environment, communicate to large groups, and influence people to follow your lead, you might not be “happy at *work*” if you are a computer programmer (which is a more focused, solitary position).

So, as one component of your ability to **BeHappy! at Work**, you should consider your identity carefully. And if that identity is inconsistent with your job or career, you may want to consider a change. If that’s not something you are willing to do, though, at least you will know a part of what is hindering your ability to achieve job satisfaction or “career contentment” – and perhaps you’ll be able to work around it. There is a more complete explanation – and some exercises to do – in **BeHappy!** designed to help you understand your identity better.

Your Purpose

In addition to your identity, your ability to really love what you do depends partly on your *purpose* in life (if you have one).

So, why are you here? Do you have a personal mission statement? What kind of impact do you want to have in your life (on the world, other people, and your community)?

Some people say that if you are not “living your purpose”, you cannot be totally happy. True or not, it is certainly better to be working at something – and especially deriving income from it – if it involves advancing a *purpose* you feel you have in life.

Is your purpose in life to help people in need, for example? If so, then working as a nurse or social worker might be better (allow you to be happier) than if you were a chef or art gallery manager.

Or if your purpose in life involves making people happier, then a career in entertainment or personal development might be better than a job as a postal worker or lawyer.

In **BeHappy!** (Chapter Two) I describe how identity, purpose, and passions affect happiness on a relative basis.

As a summary, *identity* has the strongest impact, followed by *purpose* and then *passions*. So, if your *primary source of income* is consistent with your identity, that might be all you need. If it also is consistent with your purpose – and your passions – you have it made! You have most of the ingredients needed to be happy at *work*.

So review your life to discover your purpose. When were you happiest? What made you happy in the past? What are your talents and strengths? And again, what do you love to do? These are the kinds of questions which can help you assess – or even discover – your purpose in life. Notice any trends and start to align these trends with your career. And if you don't feel you have a true *purpose* in life, don't worry, it's not essential – just helpful.

But if you do have a purpose, fulfilling it can have a strong influence on your overall happiness – and a big impact on your *job* satisfaction.

Your Passions

This again goes back to Chapter One. And if you are already “locked into” a *job* or career which does not involve something you are passionate about in life, then there are some things you can still do to include that passion into your life – even, perhaps your *work* life.

If, for example, your passion is writing (to once again use that example from before), and your *primary source of income* is a dental hygienist, you could begin by asking your boss if you could start a patient newsletter. Also, you might consider writing a book on dental hygiene to sell to your patients – and perhaps even other dental practices. You might even want to start a dental hygiene website which provides information for dentists, other dental hygienists, and patients.

These are all things you could use to help you enjoy your *work* more and, possibly, produce an additional income stream for you in this specific example. Then, although it might not help you enjoy your *job* more, you could also do many things outside of *work* to address your writing passion. Some ideas would be to write in your free time; or perhaps you could start a side business writing articles for various websites of interest to you.

Use this concept of incorporating something you are passionate about into your *job*. It may take some creativity. It might require some effort and determination. But hey, that's what life is all about if you want to get what you want. If it were easy, everyone would do it (and everyone would be happy).

“Monetizing” Your Passion

Now for the really hard part. If one of these ideas you brainstormed earlier is going to be your *primary source of income* (at least eventually), it's important that there is a way to “monetize” your passion – in other words, make money doing it. Not only does it need to be monetized, but it also must be sufficient to support the lifestyle you require to be happy!

Most people would agree that the ability to earn money for *what you do* is important. Money is part of our culture, and even if your goal is not to *get rich*, money is important to our well-being to some extent. And if your goal is to achieve a high degree of *financial abundance* (in other words, get rich or wealthy), then you may not be happy at all if you can't earn a significant income doing what you love.

Once again, in this short ebook, I won't be able to provide a complete monetization strategy for your specific passion. Much of it will depend on your determination, commitment, and creativity.

Right now, though, here are some “generic” ideas anyone can use to make money from a *passion* in life:

- Sell a “product” based on it
- Sell a “service” based on it
- Teach people about it
- Write about it
- Open a store based on it (brick & mortar or virtual)
- Use your expertise to consult for others who want to do it
- Start a website about it
- Get a *job* (perhaps a “side job”) with a company doing it
- Start your own business based on it
- Buy a franchise related to it
- Create a non-profit organization for it

Obviously, not every “passion” will fit with all of these monetization models. But most do in some way. Again, creativity and commitment are essential. Explore how other people have made their *job* their

passion. Research ways in which your specific passion has been used to derive income for people.

Use these basic ideas to start coming up with ways to monetize your passion.

And, if you need more help, please contact me through BeHappy101.com or sign up for my free coaching session at www.behappy101.com/email-coaching.html

Chapter Five

Loving What You Do – Part Two: What to Do Immediately

With a better understanding of who you are and what you're all about (your *identity*, *purpose*, and *passions*) you can surely begin to integrate some of your own personal attributes into your current career or *job*.

But obviously there is more to it – much more.

In my years in the “corporate world” – both as an executive who reported to a “boss” and as a CEO – I found that there are some fundamental concepts at play which help people enjoy their *job* more. Some are what I call “internal” factors – which means they come from within us – and some are “external” factors – which are influenced by things outside of our own minds (and are many times less within our control).

Let's explore briefly both types of factors which you can use to expand your perspective so that you will start to *love what you do*.

“Internal” Factors...

1. Take Ownership

One primary reason most people don't love what they do is lack of an *ownership mentality*. This does not mean you have to be *the owner*, but rather just have to have an *ownership mentality*.

Look, for example, at the difference in the way you *feel* toward a car you *own* and one you rent. Quite different, isn't it? With a car you own, you take pride in how it looks; you take better care of it; some people even name it (like it's part of the family). That's similar to the difference between an *ownership mentality* and an “employee mentality”. I'm not saying it's an easy thing to do, but it can be done.

For now, explore how you can feel more like an “owner” at your *job*. It may be something you can do on your own. Or, you might need to work with your colleagues to pull it off. You might even need to talk to your boss – or the real owner of the company or business – to make any progress here.

2. Be a Team Player

If you *work* in an environment with other people, having positive, fulfilling relationships at *work* can be an important factor in your ability to enjoy your *job* more. Just as important is the fact that having a poor social climate at your *job*, with conflict, jealousy, and “politics” can make things miserable. So, just like in life, it’s important to develop and nurture some friendly, strong relationships at *work*.

Part of this relationship-building process involves being a *team player*. And even if you *work* in a solitary environment, having a “team player” mentality has a huge impact on your ability to enjoy your *job* – and even your life. Because even in a solitary *job*, there is eventually some human interaction.

My former business partner, Tony Robbins, tells an impactful story about being a *team player* which I will share with those who sign up for my annual e-coaching program (yes, that’s a “hook”, but hey, it’s my *primary source of income* – and I LOVE IT).

A *team player* gets better results, develops stronger, more fulfilling relationships, and is more fulfilled – both at *work* and in life. A team player cares more about the outcome of the group over the outcome of any single person – including themselves.

So find ways to be a *team player* and I am certain you will enjoy your *job* more. Develop relationships – even friendships – at work, then nurture them, and you will be more fulfilled at your *job* and in your life.

3. Make Results a “Game”

A while back, my little three-year-old daughter didn’t want to eat her dinner. She said she “didn’t like it”. As much as we talked to her about it, there was no making her eat it. She just “didn’t like it”. Then, I started making a game of it. For those of you with kids, you’ve probably done this many times. All of a sudden, she was not only eating her dinner, but now “loved it”. She was gobbling it up, laughing as she was eating the very thing just moments before she hated. Can this be done with your *job*? Can you find a way to make a game of it? Can you at least find a tiny piece of it that becomes a game?

In my book - **BeHappy!** - I relay the story about a key-punch operator (yes, a very monotonous job) who decides to make a *game* (a

challenge) out of her *job* and ends up breaking national records for key-punch data entry speed and accuracy. She ultimately gets a management position and starts loving what she does because she gets the opportunity to teach, mentor, and lead others – things which were more in line with her identity and passions.

So make part – or all – of your *job* a game. Remember, the more we can make *work* like *play*, the more we love what we do.

Think of ways to “fool yourself” (like I did with my little girl) into having fun with something you don’t think you like. You might even start to “gobble up” what you’re doing. And maybe, just maybe, you’ll end up creating additional opportunities and opening up doors for yourself that may have never been available before.

4. Make Yourself Part of the “Bigger Picture”

What do you do at *work*? Are you involved in making or preparing a piece of the final product your company sells? Do you do provide a service? Are you involved in strategy or planning? Are you in the financial part of your organization? Do you relate with people in any way? Do you teach others?

Whatever you do, there is almost always a “bigger picture” that provides a benefit to someone. That’s why you get paid to do what you do. And that’s generally what business is all about.

Identify that benefit – both from small and big picture perspectives. Understand – and keep focused – on what you are contributing to people. Think about how you would benefit if you needed the product or service you are involved in providing.

In my biotech company, for example, I made it a point (as CEO) to make sure every member of our team kept focused on what benefit they were providing as a company, rather than just on their individual tasks. Instead of a bench chemist, for example, I would make sure that scientist kept in mind that he or she was helping to contribute to the health of sick people – perhaps even saving lives. That’s the bigger picture – and if you can keep that kind of contribution in mind while you are doing whatever you are doing, it can help you feel much more fulfilled.

For a quick and simple perspective, just fill in these blanks:

My *job* is to: _____

This *job* helps contribute to other people and society in the following ways:

This information can help you more appreciate the “bigger picture” of what you do as your *primary source of income*.

5. Create a Positive “Vision” for the Future

How do you view the future of your *job* or career? Do you see yourself doing exactly what you are doing today for the next several years – or even the next several decades? Or do you envision new, exciting challenges and opportunities ahead? Do the activities associated with your current *job* stay the same year after year, or do they change frequently? Do you foresee career advancement or are you in a “dead-end” position?

Let’s say you are a pharmacist – like my father was. I don’t think he ever had a positive vision for the future relative to his *job*. It was just a *job* – a way to support his family – and it never changed. He got into it by necessity to begin with (he needed to support his family) so I’m not sure he ever *really* liked it. Day after day, for his entire working life, he did the same thing. He may have *worked* at different pharmacies, but his *work* was basically the same. To him, it became mundane and frustrating, with no positive vision for the future.

And with most *jobs*, it’s not easy to have a positive vision for the future. There may really be nothing else. You are a pharmacist, or a teacher, or a draftsman, or a bus driver, or a mechanic, or a sales person, or whatever. And everyday, you do the same thing, with no change ever in sight. It’s just the nature of the *job*.

For some people, that’s fine. For others, it’s not okay – and there has to be something positive to look forward to in order to be happy.

Either way, it’s important to create some kind of positive vision for the future right away. If you can’t do that, you will either remain

dissatisfied and/or bored with your *job* to some extent or you must make a complete change.

For now, start by brainstorming on how your *job* could inspire you and fulfill your goals and dreams. Consider the benefits of how your *primary source of income* could help provide you whatever you want in life. Focus on what your career can become, rather than what it is today. Find ways to expand your career or *job* opportunities.

And don't worry if at first you can't think of anything. We all get "stuck" in our own negative thinking – especially if we've been doing what we're doing for a long time. We tend to see it as fixed, with no way to make things different or better. Just keep at it and, with persistence and commitment, you'll get there.

6. Create a Sense of Contribution

Hopefully you can use some of these concepts to start feeling better about your *job* and career. And I believe if you ... create a positive vision for the future, expand the perspective of what you do to the bigger picture, make parts of your *job* a game, be a team player, and take ownership of your *work*, you'll be much happier doing what you are doing as your *primary source of income*. These *internal* things will help you start to truly enjoy what you're doing right now – and perhaps even *love* it.

Now, if you have addressed everything discussed so far, there's one more, mostly *internal* concept you can use to take the fulfillment of your *primary source of income* to another level...

Find a way to make yourself *feel* a deep sense of contribution and you can become absolutely passionate about your work.

I relayed a story in my book - **BeHappy!** - which illustrates how you can create a "big picture" sense along with a sense of contribution. Here's how the story goes:

There was a construction company executive who came down to a construction site anonymously – dressed in "work clothes" - one Friday afternoon to check on some of the workers. He went up to the first of three bricklayers (all doing the same identical job), a guy who seemed to be very "down" and frustrated and asked him what he was doing. The bricklayer looked at him somewhat bothered and said sarcastically, "I'm laying these bricks – what does it look like I'm doing? It's Friday afternoon and I'm just counting the hours until it's time to go home."

With that, the executive went to a second bricklayer – a guy who seemed to be in somewhat better spirits – and asked him what he was doing. This bricklayer said, “I’m building this wall”. I can probably finish it in another week, then move on to the next project. Right now, I’m looking forward to the weekend.”

Finally, the executive walked over to a third bricklayer, a cheerful-looking man who was singing as he worked. Again the executive asked what he was doing, to which the “bricklayer” replied, “I am helping to build this beautiful cathedral. It’s going to be the most beautiful cathedral anyone has ever seen. Thousands of people will come here every year and I will be partly responsible for their ability to enjoy such a beautiful place.”

What’s the difference between these three “bricklayers”? All three of them are doing the same job (not very fulfilling *work* on the surface), yet one guy is totally miserable while another is completely happy and fulfilled.

At least part of the difference between them is ownership and contribution - the pride that comes from taking ownership in what you do and the joy that comes from a deep sense of contribution to others. The first guy was just “laying bricks” and he was miserable. There was no ownership, no sense of contribution, and obviously no passion for what he was doing. The third guy – although doing the same activity – “owned” his job, believed he was building something beautiful, felt like he was contributing to others, and was, therefore, very happy (and proud) doing it. He was even singing while he worked. In fact, he would probably not even call himself a bricklayer, but rather a “builder”. He is not laying bricks but building things that enhance people’s lives.

You can learn to love what you do by taking ownership and becoming great at what you do, whatever it is. And if you feel you are contributing something of great value to others, you will enjoy it even more.

And, to take this a step further, if that executive in the “bricklayer” story valued such an ownership mentality at that construction company – and the company that rewarded such an attitude – you can bet that, in a few years, that third bricklayer would be in a management position, while the first would likely either be in the same position – or more likely – doing something else he hated at another company.

Yes, having passion for your *work* (being happy at *work*) can have far-reaching effects. And being happy is the ultimate goal here.

But some of the indirect effects – like making more money, moving into new, exciting positions, and becoming a leader (if that's something you want for your career) – can be just as positive, and enhance your life even more.

So use these *internal* strategies to help you get there. They are almost completely within your control – and up to you. So there's no excuse for not trying one – or all – of them. You have nothing to lose but your *unhappiness at work*.

External Factors...

Everything discussed so far have been "internal" factors (i.e., within you) that you can use to help your attitude, enjoyment, perspective, and happiness. We all know, however, there are several "external" factors (outside of you) associated with your ability to *love what you do* as well.

The C.O.R.E.[®] Concept ... a More "Formal" Method

If you *work* for a company, you probably perceive a certain "feel" within the organization. That's because all businesses, large and small, have a "corporate culture". Whether or not it's well defined, there is always one. It's basically a *philosophy* within the company that establishes how people are supposed to act and what's to be expected. And it's usually up to the leader of the company to establish the culture. If the leader doesn't define the culture, everyone else will (in one way or another).

The culture might be strict and "formal" or relaxed and casual. It could be empowering and respectful or dictatorial and unfriendly (some corporate cultures are even insulting). You can either feel you can say whatever you want or could feel you have to keep quiet in some cultures.

Regardless of what it is, the culture within your company can determine, to some degree, whether you enjoy your *work* or not. It primarily goes back to your identity – and how you "fit in" with the culture as a person.

If you are a friendly, casual, playful, flexible person, you probably won't fit into a culture that is rigid, political, beaucroatic, and hierarchical. If you are a more "formal", strict, "old-school" type of

person, that “formal” culture might work well for you. It’s all relative to your *identity* and your “style”.

So, first, you should determine whether you are a “fit” with the culture of your company. Or, if you are the “boss”, you should define the culture in your organization – and make sure everyone on your team is a fit. This will make their lives – and yours – much happier (and the business more productive).

If you are not the “boss” – but you still have some say in things (at any level) – you should start to explore with your team (including the ultimate leader) how to better define the corporate culture so it fits better for you and your colleagues.

In the decade and a half I spent as the CEO of two biotech companies, I developed a “corporate culture” philosophy which I call C.O.R.E.[®] These letters stand for:

C ommitment ...	and	C ollaboration
O wnership ...	and	O penness
R esults ...	and	R espect
E mpowerment ...	and	E nthusiasm

The first set of “CORE” words are more “personal” characteristics (how you operate within your *job*), whereas the second set are more “team” characteristics (how you treat and are treated by others at work).

Essentially, it has been my experience that if you go to work with high *commitment*, an *ownership* mentality, a focus on achieving *results* and can be *empowered* to make decisions and take action, then you can be much happier in a business or *work* environment.

Then, if you can also work in a *collaborative* (team) atmosphere, with *open* communication, where people *respect* each other, and foster an *enthusiastic* attitude, your *work* can be a great experience – regardless of the particular *job* you have.

This is not always easy to achieve. Some companies don’t have the kind of culture which fosters this type of philosophy. If that’s the case where you *work*, you may want to look for another company (if it doesn’t fit you).

If you are the owner, the CEO, in upper management, or are someone with some degree of influence in your company, you may want to

consider instilling this philosophy into your business. I can assure you, it will make a difference – both in the attitude of your team and in the results your company achieves. And, this will make you – and everyone – happier at *work*.

So, these are some *internal* and *external* strategies you can use to make your *primary source of income* more enjoyable.

If none of these concepts helps, though, maybe it is time for you to consider a change. So read on ...

Chapter Six

Changing to a Job You Love

Sometimes it is very difficult to learn to *love what you do*. You may have chosen a field where you truly have no desire, passion, or interest any longer. Maybe you never had much interest in it, but went into it either because someone else expected or wanted it for you or you just needed a way to make money, and this was available.

And for some people, maybe it's even worse than just not *loving what you do*. Maybe you've gotten to the point of having to drag yourself out of bed everyday – and are miserable – because you despise your *job* (for whatever reason).

I've been there. I know how it feels. That's why I made the change 20 years ago. I left medical practice (something I thought I would love) simply because I *had* to leave. I was miserable. I never saw my wife at the time (we ended up divorced because of it). I was tired all the time (I was working at least 90 hours per week). I had no social life (and I am a very social person). And, I just didn't like what I was doing (the practice of medicine is much different from what it appears).

So I made a complete change – even after spending the many years of intense effort it took to get into, and through, medical school and residency. And I am soooooo happy I did. I can't imagine how different (and likely *unhappy*) my life would be today if I hadn't made the change. I would not even be married to my wife, Jill (my *soul mate*) or have my beautiful little baby daughters, Joie and Jae, if I hadn't made the change, since I met Jill at the *job* I got after leaving the practice of medicine.

So if you have tried to *love what you do* using the strategies in this book and nothing works, then you have one of three choices;

1. You can stay in your current *job* and just know that you will not like it (and perhaps be unhappy in your life);
2. You could stay in the current *job* and keep trying to like it more using the methods discussed in this book; or
3. You could change *jobs* and/or careers

If your choice is #1 – and you are unhappy because of it – I recommend strongly you reconsider your choice. I know how hard it is to make a change. Like I said, I've done it. It's very scary and can be

very risky. And if you have significant financial responsibilities and/or a family to support, it's even harder. But, the fact is, there is ALWAYS a way. It just depends on your desire, your creativity, and your determination.

If you choose #2, re-read this ebook to keep considering ways to improve your outlook at *work*. Then, get additional help. There are many sources.

And if you are in a position to choose #3 above, it's time to make the decision to take action. You must start to make a change. This is your life. Whether it's gradual or immediate, you must first *make the decision* to change the situation.

Making the Decision

The word *decision* comes from latin and indicates "cutting off" (like *incision* – to cut into). So, making a *decision*, "cuts off" all other possible options. A true decision is irreversible. You can't make a decision to something, and then do something else. If this happens, you didn't make a *real* decision in the first place. So you have to be *ready* and *committed* to something before you can make a real decision. Are you at that point? Are you ready to make the true decision to change *jobs* – or your entire career (like I did)?

If not, go back and read this book again to help you enjoy more what you do currently. The decision to make a change like this is a significant one. But if you are ready, then read on.

How to Make the Change...

There are two general ways to make a change in your *job* or *career*. You can do it gradually or you can do it quickly. Either way, you must have a plan.

The gradual method, which means making the change over many months or even a few years, may be the most *comfortable* and *appropriate* for you – especially if you have the *need* to maintain a certain income level throughout the process.

Certainly, the more immediate way has the greatest impact on your life – especially if you are miserable doing what you are currently doing.

Again, though, regardless of the route you take, you must have a plan. It would not be good, for example, to just walk in tomorrow and quit your job – then 3 months from now, have your home foreclosed or your car repossessed. That would not make most people happy. And it's likely not a good plan.

If, on the other hand, you have *multiple streams of income* you might be in a better position to move quickly (see below and the "Money & Wealth" section of www.behappy101.com for more information on this topic).

The Gradual Change

By making a "gradual" change, I mean changing careers over a period of one to five years. It means setting things up in your life so that you can do whatever you want, with minimal disruption to your life and your income.

And the best way I know to provide the flexibility you need to do whatever you want as your *primary source of income* is to create *multiple streams of income*.

This is a general *life* strategy I recommend for everyone, regardless of whether you are considering a career change or not.

Why?

Because stuff happens in life. The economy tanks; your company downsizes (and you lose your *job*); your business fails; your spouse loses their *job*; your savings get wiped out in a bad investment; someone in your family requires expensive medical care and you have to support them. Yes, there are lots of things that challenge us financially throughout our lives. Nobody is immune. So it's best to be prepared.

And the best way to be prepared is NOT – I believe – with the traditional way of building up a savings account. Sure, it's a good thing to do, but (a) it generally takes a long time and (b) it can also get wiped out or reduced under various scenarios.

The best way I know to be prepared for any financial challenge or change in career (voluntary or involuntary) is to create *multiple streams of income* for yourself and your family.

I can't get into the details of the process – or all the various planning strategies - of how to create *multiple streams of income* in this brief ebook, so once again, you can go to www.behappy101.com for more ways to create *multiple streams of income* – including several ideas you can use immediately to start the process (click on the “Money & Wealth” tab on the left of the homepage – then read all the articles listed there, including the 4-part series on *Eliminating Fear in the Current Economy* to give you a good perspective on this topic). Also, my October 2010 Newsletter has a more in-depth discussion about ways to create income (go to www.BeHappy101.com/newsletter.html to subscribe if you don't already). You can also contact me through the website to get involved in at least one additional income stream for yourself.

The bottom line here, though, is to set your life up so that, over time, you are not “confined” to any one thing for your livelihood. Create a situation where you have the flexibility to do whatever you want as your *primary source of income*. Make the necessary investments. Learn the extra skills. Explore other income opportunities. Then, when you have enough “secondary” sources of income to help support your career change, you can do it without undue pain for you and your family.

Making an “Immediate” Change

If you can't wait for the time it takes to make a gradual change, or you are already in a position to support yourself through a change somehow – and you need (or want badly enough) to make an immediate change – there is only one way to start the process ... just do it!

And by “immediate” change, I mean making the *decision*, then implementing that decision over a one to three month period (instead of the one to five year period described for the gradual change).

But be warned – this can be a risky proposition. Even though it is “immediate”, it should involve at least some preparation and consideration (perhaps *a lot* of both). Make sure to discuss it with the people closest to you (especially if it will affect them in some way).

If you don't have responsibility for others (like a spouse and children to support) this method can be easier. It's just you – and you can deal with whatever pain is associated with the transition. This was the

situation for me when I made my *immediate* change out of medicine and into the business world.

Or perhaps you have a spouse with an income who can support you through whatever transition period is required – even though you might take a “hit” in your income level (and lifestyle) temporarily.

Maybe you can get a loan for the shortfall in revenue you’ll experience by not having a *job*. But if you do this, you should plan to double the amount of time you think it will take to replace your income and double the amount of money you think you’ll need to get to that point. It almost always takes longer and is more costly than you think. It’s just the way it is in life.

Again, you must have a plan. Yes ... just do it ... but be smart about it. This is serious stuff, and it requires serious consideration. Get advice from a career professional if necessary (for example, you can talk to Lisa Jacobsen – one of the contributing article writers at www.behappy101.com. She has a Masters degree in *Positive Psychology* and a career-related business. She can be reached through her website at <http://workplacesolutionstampa.com>.

Also, make certain to use the ideas and concepts in this ebook to make your change meaningful. If you are going to take this “leap”, make certain to get into something you will *love to do*.

Know and understand your *Definition of Happiness*.

Know yourself – your *identity, purpose, and passions*.

Create the *ideal job* scenario – complete with a *multiple streams of income* strategy.

Then, *do what you love* as your *primary source of income* and you’ll never *work* or have a *job* in your life!!

Postscript

Be Grateful

One of the most widely agreed upon ways to be happier and more fulfilled in life is to be grateful.

Gratitude – a sense of appreciation for what you have in your life right now, under the current circumstances – is an immensely valuable aspect of leading *the happiest possible life*. And it applies to your *work*, too.

With everything you've read in this book, I hope there are at least a few concepts, strategies and/or action items which can help you be happy (or just happier) at work.

Even if not, however, a sense of sincere *gratitude* for what's in your life today – regardless of the challenges and problems – can help you at least improve your attitude at work.

There is ALWAYS Something for Which to Be Grateful...

What could give you a feeling of gratitude at *work*? There is always something. Could you be grateful for accomplishing something significant? Do you have some great relationships – or even potential relationships – at your *job*? Are you contributing something – no matter how seemingly small or insignificant – to society, your colleagues, the environment?

There are always some of these types of things in a *work* environment. If not, then I hope you take the initiative to change *jobs* – or even careers – either gradually or immediately. It's just not worth going through life miserable!

However, I realize it's not easy to change *jobs*. And I realize that reality is tougher than theory and that there are financial responsibilities most of us carry.

If that's the case for you, and you really can't (or won't) make a change and can't seem to change your *attitude* as described throughout this book, then try this as a temporary way to affect your attitude and gratitude:

Close your eyes and imagine you just lost your current *job*. You have no income. You're getting behind on your rent or mortgage payments. It's getting hard to just keep food on the table for your family. How "great" would that same *job* seem under these circumstances?

Now, how would you feel if after several months with no income, you were suddenly called back into that same *job* – the one you "don't like right now" – with your same income resumed and your ability to support your family secured (even partially or temporarily).

You'd probably feel tremendously grateful for that same *job* or career; the one you have right now. Use this type of thinking to feel that gratitude all the time. Because really, according to various studies, one of the biggest sources of *unhappiness* is unemployment. So, be grateful if you are currently employed.

Then, if you really still hate what you're doing, make sure to:

1. Use the concepts in this book to change your perspective on your *job* and *work*, and perhaps your life;
2. Go to www.behappy101.com to get more information, tools, and strategies to create *your happiest possible life*;
3. Subscribe to the **BeHappy!** Newsletter (if you haven't already) to get the latest information on being happy at work and in life;
4. Get the full book - **BeHappy!** - which provides a much broader perspective on how to live your happiest possible life;

BeHappy! my friends