

## Loving Your Job Even on Mondays!

**Do you love your job? Do you get excited about returning to work after the weekend?**

*Or are you an individual that dreads the work week and suffers from Monday morning blues?*

Not everyone can honestly say that they love every aspect of their job, but many people believe that they have made good career choices and are able to find meaning and purpose in their work roles. Recent statistics show that approximately **65% of employees** are satisfied with their job, **but only about 9% are happy** in their current jobs. What's the difference? How do you shift from satisfaction to happiness? We're talking about the kind of happy that will have you singing your favorite song and smiling as you walk into the office, even when your work environment is less than ideal.

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Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do.

— Steve Jobs

Let's acknowledge that just because you thoroughly enjoy your time off on the weekends and wish weekends were longer, this doesn't mean that you are not passionate about your job. Relaxing, connecting with family & friends and indulging in your favorite activities is a practical way of ensuring that you have a healthy work/life balance. When there is joy and contentment in your personal life, it frequently spills over to other areas of your life, such as your work world and vice versa.

There are many factors that determine whether you will love your job or not. Many believe that when you find a job that you are passionate about, then "you will never have to work a day in your life." However, there can be a build-up of small things that "snowball" to make loving your job more difficult. The following quote, by author & actress Tara Moss is intriguing, "It is better to do what you love for work, but if it is your day job that enables an unpaid passion, then your life is still sweeter. What is important is that you make time for your dreams, not whether you get paid for it or not." It is important to recognize that your passion and your job may not be one in the same. But having a fulfilling life is paramount! So, let's look at factors that influence this love/hate relationship you may have with your job.

**Know Your Strengths and Passions.** When you understand what makes you "tick", seek out employment that allows your talents, strengths, and passions to flourish. If you naturally love to interact with people, don't look for happiness at a desk job or being behind a computer isolated from people all day. *Look for opportunities that ignite your passions and allow you to exploit your strengths and use a wide range of your talents.* Think about projects or tasks that challenge and excite you. Discuss with your supervisor how you can get involved with those tasks even though it may not be a part of your normally assigned duties.

**Remember What Attracted You to the Position.** There can be many reasons you enjoy your job. Having an impact on others' lives could be one reason that excites you. Maybe it's your interactions with customers and your ability to help others. Many people tend to be happier when they see that their efforts to help others makes a difference. Being able to share your talents, having the opportunity to mentor and train future leaders, or just engaging in small tasks that fuel your passions are important reminders of what attracted you to your job! You can often hear new employees saying, "I love my job!" "I'm so happy to be here!".

*It's important to remember those initial feelings and focus on those positive aspects of the job that prompted you to accept it.*

**See the Potential.** Maybe this job doesn't necessarily meet your personal criteria to be happy and fulfilled in the workplace. It may however provide opportunities for growth. Starting at an entry level position and having the vision to see yourself in the position you desire, while also obtaining the necessary skills and workplace experiences, can motivate and inspire you. It can help you to see your current position as a stepping-stone versus a "dead end job", and not as your final destination. This may be a place to build a professional network and to hone your craft. Hope for the future can oftentimes positively influence your perception of your present situation. *86% of millennials report that training and development opportunities within an organization are key factors for their happiness and maintaining employment with their company.*

**Appreciate the Benefits.** Sometimes just being grateful that you have a job at a time when many in our communities are struggling, can help you focus on the positives. Reframing or changing how you speak about your job makes a difference in your perception of it. Consider using "I get to...." Instead of "I have to....". Your job may not be a perfect fit but think about how it meets your needs. Maybe it's the competitive salary, health benefits, the ability to work remotely, reimbursement for classes, vacation time, reduced stress, bonuses, short commute, apprenticeship programs, or a flexible schedule that allows you to spend more time with your family or pursue another one of your passions. Careful, thoughtful consideration can help you appreciate the job that you have. *So, take advantage of every benefit your agency has to offer. It could be educational training, gym memberships, discounts or free and confidential EAP benefits!*

Maybe you have identified some ideas to help you love your job even more. In case you can't relate to any of these topics and are trying to figure out if you are in the right position, don't make any drastic moves. Instead consider using Ulliance's coaching or counseling services to help you identify strategies to become more fulfilled at work. *Ulliance is here to help you with your work/life challenges. Happy Monday – or whatever day you are reading this!*

**For more information, tools, resources, or app information,  
call your Employee Assistance Program!**



**Ulliance provides no cost, confidential, short term counseling  
for you & your family. Call us- we're here to help 800.448.8326**