



# Harnessing Happiness: How to be happy at work

**Reflect on how you might increase your happiness at work**

## **1. Autonomy**

- If it would be up to you, how would you spend your time at work?
- What activities and tasks would you engage in?
- How can you build trust with the right stakeholders to make it happen?

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## **2. Mastery – Use our strengths at work**

- Ask for & be open to feedback
- How can you leverage/incorporate strengths that others have highlighted that you had not recognized in yourself?
- Which strengths have you & others identified that you could develop further – how would you go about doing that?

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## **3. Purpose**

- What bigger purpose would your daily tasks contribute to?
- What problems would you like to help to solve?

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## **4. Sense of Belonging - Connect with others**

- Who could you schedule a curiosity coffee with?
- Think of someone new in your organisation or someone external within/outside of the sector

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