



Episode 122: How to Be Happy at Work

with Sarah Metcalfe

Work stress and burnout have become so prevalent that many people accept them as the norm, but happiness in the workplace is a significant boost to productivity, creativity, and better outcomes at work. So how can we incorporate happiness into our workplace?

Podcast links

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Guest links

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Quote to remember:

'If you are unhappy at work and if work burns you out, then you have nothing left to give yourself, to give those around you, to give to your colleagues, to go home and give your family.'

What You Will Learn

We spend about one-third of our lives working. With burnout becoming more and more common in the workplace, it would benefit you to turn this bit of your life into a happy one.

Being happy at work isn't impossible; it's a choice. Choosing to pursue happiness isn't selfish. You'll find that being happy at work makes you more productive, creative, and able to complete each responsibility head-on with a smile.

This activity can help you incorporate simple practices to find happiness everywhere, including at work. First, becoming familiar with what has made you happy at work in the past can help you identify how you can find it again. Then you can start pursuing happiness every day with our cheat sheet and top tips.

Knowing what makes you happy can help you turn happiness into a habit. Similarly, you can avoid or change some of the things that make you unhappy. This way, you can choose happiness in the activities you take up.

Sarah emphasised the importance of results and relationships for happiness. With this activity, learn how you can recognise your achievements and build better relationships with your colleagues. Leaders can spread happiness by recognising and celebrating the achievements of their team.

Activity: Choosing to Pursue Happiness

Work is a huge part of your life. Look back at your months and years of work. Recall a time that you found yourself truly happy at work.

What happened?



Reflect on what exactly you were feeling. Why did you feel happy?

Use the Happiness Cheat Sheet to find happiness in the workplace again.

1 Check in on yourself. **Ask yourself: how are you doing?** Be honest. It's okay to be vulnerable.

2 Make a list of what makes you happy.

What activities or things make you happy?

•	•
•	•
•	•
•	•

3 Make a list of what makes you unhappy.

What are the things that bring you down? Is there anything you can do to fix them or avoid them?

What makes you unhappy?	How can you fix it?



4 Happiness in Results.

Recognise your achievements and progress. What were you able to do today?

Create your own "Tada List":

Tada! I did this today!		
Who did my job help today?	What did I do to make something better?	What was I able to achieve today?
•	•	•
•	•	•
•	•	•

You don't only have to do this at the end of the day. It only takes a few minutes, so it can help to add to your ta-da list right after you accomplish something! You can find happiness in the moment.

Happiness from Relationships

Good relationships can also contribute to a happier workplace. Who are your colleagues and leaders? How is your relationship with them?

Write a list of all the things you could do at work to build a deeper connection with your colleagues.

Keep building your relationships. Don't be afraid to know them more personally and realise that you are all working together for a common purpose.



As a leader or team member, perpetuate a culture of happiness. Look around and list down what your colleagues and teammates did today and recognise their accomplishments. What positive feedback can you give them about what they did?

Colleagues	What did they do today?	Positive Feedback

Lastly, share a good story from your day. It can be something you did or something you saw a colleague do.

Practice these simple and short activities every day to be happy at work.

CPD time claimed:

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