

Enjoying Your Current Position

We are responsible for our own happiness or unhappiness. Therefore it may not be your job that is making you miserable it might be you.

Upon completion of this section:

1. Be able to assess the factors that make you happy and unhappy.
 2. List ways of transforming attitude toward a job
 3. Recognize when to change jobs
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Job Satisfaction Factors

Whether you like your job or not depends on external or internal factors. External factors relate to the job itself and internal factors to you.

Internal

- Interest in the work itself
- Work fitting your values
- Positive self-image
- Positive expectations about job
- A feeling of self-esteem reinforced by the job

External

- Mentally challenging work
- Reasonable physical demands
- Meaningful rewards
- Contact with customer
- Helpful coworkers and superiors
- Traits That Cause Unhappiness

Certain attitudes, thoughts and behaviors can lead to unhappiness, making even the best job seem wretched. Examine the different thought types below and see if any of these negative attitudes are a part of your thinking.

Thought Type: Victim Mentality

Description: Belief that life is doing something to you

Example: "My boss is always criticizing me. Why is this happening to me?"

Consequence: Stagnant career; repeat same situation over and over

Solution: Take responsibility for your role in creating each situation.

Thought Type: Low self-esteem

Description: Lack of self-confidence

Example: "I stink at this job. I'll never get it right."

Consequence: Don't advance; don't perform to best of your ability

Solution: Focus attention on helping others.

Thought Type: Fear

Description: Avoidance, procrastination

Example: "I've never done that before. Maybe I'll just deal with it tomorrow."

Consequence: Paralysis, shame, fear, forced to cram at the last minute

Solution: Explore your fears openly.

Thought Type: Inflated self-esteem

Description: Arrogance, refusal to ask for help, not listening to others

Example: "No one knows more about this than I do."

Consequence: Alienate others; not viewed as a "team player"

Solution: See the value of others' ideas and skills.

Thought Type: Self-centered

Description: Belief that a performance review measures you as a person, that anyone whispering must be discussing you

Example: "They didn't implement my idea, so they must not like me."

Consequence: Miserable, unable to grow because you see advice as an attack

Solution: Separate who you are from your work and ideas. Realize it's not always about you.

Change Your Attitude

Even a job you might consider "lousy" provides you with good things. Below are some reasons to be grateful for your "lousy" job.

- Gain experience.
 - Earn income while you job hunt.
 - Pay for your education.
 - Develop relationships.
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Home Life

To enjoy your job more, improve your home life.

- Do not take work home or do extra projects
 - Pursue Personal Interests
 - Spend more time with family and friends
 - Give to Others
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Communication Styles

Change how you communicate to enjoy your job more. Most communication falls into three styles:

- Aggressive
- Assertive
- Passive

Below are examples of the three communication styles. The most effective communication style is Assertive.

Aggressive

- Demand what you want
- Speak for others
- Don't listen to anyone
- Picking DVD example: "We're getting Die Hard."

Assertive

- Ask for what you want
- Speak only for yourself
- Listen respectfully to others
- Picking DVD example: "I'd like to see Gladiator. What do you want to see?"

Passive

- Accept what you're given without question
 - Let others speak for you
 - Listen respectfully to others but not to self
 - Picking DVD example: "Whatever you want."
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Improve Relations with Coworkers

One of the best ways to transform your job is to improve your relationships with coworkers.

Stop complaining. When you stop venting negativity, people likely will want to be around you more. They will also be friendlier to you.

Apologize if necessary. Whining about how pointless and degrading your job is to someone who has the same job, for example, is insulting. Take responsibility for yourself and acknowledge that your attitude—not the job—is the problem.

Socialize with your coworkers. If you don't already, go out to lunch with them or eat with a group in the breakroom. Get together after (or before) work. Spending time together fosters positive relations.

Work hard and smart. Establish or re-establish a reputation for producing results. The bottom line is simple: people like you more and treat you better when they can count on you to contribute to the group effort.

Change Your Job

Another way to transform your job is to change your job.

To recapture interest in your job consider ways to change the following:

- Job description
- Job title
- Wages
- Hours

To Request a Change to your job requires preparation and thought.

- Exceed expectations.
- Conduct research beforehand.
- Let your boss know you do not want his job. Your supervisor will be more likely help you if she isn't worried about you trying to take her job.
- Be business-like.
- Stress the benefits to the employer.

Take Breaks

If you're always "on-call." No wonder you're tired of your job. You need a break!

- Take breaks at work. You need regular breaks to renew your energy.
- Without breaks, your productivity declines.
- Leave work at work. Leaving work at work re-energizes and renews you.
- Take time off work. Taking vacations allows you to return to your job revitalized.

Make time fly by. Sometimes, despite your efforts to change your attitude about your job, it still comes down to just getting through the day or the shift.

Here are some suggestions:

1. Make It a Game
2. Help Coworkers or Customers
3. Focus on the Present
4. Learn from your Mistakes
5. See the Humor
6. Go with the Flow

Make Plans to Change Jobs

Ultimately, changing your attitude can only go so far. If your job doesn't match your talents, goals or values, you need a new one! Leaving a job doesn't necessarily mean leaving your employer, either.

- You have options.
- Consider a different job with the same employer.
- Improve your skills to advance in your current field.
- Begin an active job search to find a job better suited to you.

The course "Texas Job Hunter's Guide" is very helpful if you are going to undertake a new job search.

Completion

Congratulations you have completed the Succeed at Work online course.

- Remember you must take charge of your own career.
- You should use every tool you have learned about in this course.