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Your office becomes your second home as you aim to work smart and proactively in order to achieve your professional goals. Some of us spend at least 8 hours each day, Monday to Friday in order to achieve set targets. If you have to be in a job for almost half of the day in each week day, then it is absolutely crucial that you are doing something you enjoy.

I have written down a few thoughts on finding work and happiness:

Do what you love?

World renowned golfer, Tiger Woods coins an amazing statement for finding work and happiness - "I get to play golf for a living. What more can you ask for - getting paid for doing what you love." Doing what you love is the corner stone of being happy in your work. Life is full of choices and so is deciding the type of career you want. In the end, all the luxuries and huge bonuses will make you happy only for a while but what remains is how you genuinely feel about your career. I have spoken to candidates in the past who had accepted certain roles and career paths because the commute was easier – but what if the company moves offices? Do not compromise on happiness especially the career path that you will enjoy. Put together a bucket list of what you would love to do, speak to career advisers – in the end, it is crucial to do what you love.

Spicing things up.

'Lost' is a TV series I really enjoyed watching. In a few of the episodes, some of the survivors were supposed to punch in numbers into a computer every 108 minutes to stop the world from self-destructing. "This would be such a boring job to do..." I thought to myself. Like being in a relationship, doing what you love to do can get boring unless you decide to spice things up. The rule is not to do the opposite of what you are meant to do but doing it with a bit more panache. Try to think outside the box – set personal targets and goals; make sure these targets are inline with general/overall company objectives and guidelines and that they do not distract you from what you are paid to do; reward yourself when you achieve these goals – be your own raving fan, encourage and feed that happiness you have at work.

Raving fan not office schmuck.

"This Little Light of Mine" is a gospel song written by composer and teacher Harry Dixon Loes (1895–1965). The words of the song encourages people from all walks of life to encourage each other. Helping out your colleague when you can, making them that hot coffee during that cold winter morning, sharing the joys of your career and work can all be a source of inspiration to your colleagues and will influence them to do the same. The office schmuck however crows their achievements and what they can do – this will earn you no brownie points and you need these brownie points for the days when you are feeling down. Find the right time to make suggestions and inspire your colleagues – you have to let out a positive light so they in turn will be inspired to let their own lights shine.

Solution focused at work.

In one of his quotes, American writer Terry Goodkind says "...think of the solution, not the problem. If your mind was filled only with thoughts of why you were going to lose, then you couldn't think of how to win." In order to have a solution focused mind-set, then, you have to tell yourself that you are not interested in who or what caused the problem. You are only interested in hearing how you can help bring a solution. The moment you start focusing on the problem and what caused it, you start worrying about its implications and this distresses you. And no one can boast of happiness in a distressful situation. Always remember - Thinking brings about results, worrying brings about distress.

Be confident; don't be afraid to air constructive views.

Famous Hollywood Actor Will Smith says – "Fear is not real. It is a product of thoughts you create...Fear is a choice..." The only way you will continuously feel a part of the career you love is being a contributor to it. Some people fail to air their ideas for fear they are not constructive enough. Not focusing on the problem is not normal because it is in our nature as humans to worry. Therefore when you are a solution focused person, you are different and your mentality sets you apart from the rest. Fear fortunately for us is a choice. There is the fear of your view not being constructive but a solution focused person's views are always constructive. So, have the confidence to air your views.

There will always be ups and downs but if you implement these points and remember what made you choose that career path in the first place, you will always find happiness at work.

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