



## TEN WAYS TO GET MORE OUT OF YOUR CURRENT JOB

Try these ten strategies now to improve your situation in your current job:

1. **Get in Touch with your Passions.**

- Your passions never really go away. While they may be a little rusty, the things that feed your soul and stir your heart are still within you.

2. **Engage.**

- The cure for exhaustion is not rest. It's involvement. When you are truly absorbed in something, you feel energized. The connections you feel from participation create the drive you need to perform your absolute best.

3. **Manage your Supervisor.**

- Be one step ahead. Always have a good strategy in place to address resistance from your supervisor. Build a mutually beneficial relationship.

4. **Challenge Yourself.**

- Don't wait for your employer to engage your interests, skills, and education. What skills and experience do you need for your dream job, and how could you improve them? Take a class, ask someone to mentor you, or educate yourself through books, CDs, podcasts, and seminars.

5. **Tweak Your Job to Your Natural Preferences.**

- Understand how your natural preferences match up with the structure of your job. Identifying what's working for you, as well as what isn't working for you, will allow you to move toward making changes in your job's structure that better suit you.

6. **Clarify Job Requirements.**

- One of the keys to feeling good about your job is knowing what is expected of you. Request clear expectations, advocate for needed education and training, and ask for frequent reviews.

7. **Connect with People.**

- Much of the reason we do our jobs is to serve other people. Understanding how you impact the lives of people around you—inside and outside the workplace—can increase your satisfaction.

8. **Invest in Improvement.**

- By allocating a specific amount of time toward education and self-improvement, you can significantly increase your specific job skills, as well as knowledge about the industry in which you work. As you gain the education and knowledge necessary to excel in your job, your fulfillment and enjoyment will also increase.

9. **Make Time for Life Beyond Work.**

- Paying attention to both your work life and your home life is integral to increasing job satisfaction. If you find that you're working more and playing less, chances are you'll also notice your enthusiasm and motivation—and eventually your performance—are decreasing.

10. **Choose Your Mood.**

- Reframing a difficult situation—finding the silver lining in something negative—can completely change your outlook and increase your satisfaction at work.