



Tips for Team Members

Why do you do what you do?

How you answer this question can help you find **joy in work** — the feeling of success and fulfillment that comes from doing work that you know matters.

Here are 6 tips to help you build joy in work:



Start a gratitude journal that focuses on your purpose.



If you don't normally voice your opinion or participate in meetings, do it! Free to Speak isn't just a phrase.



Smile — smiles are contagious, and they lighten the load.



Laugh at your slip-ups. It's healthy for you — nobody is perfect.



Thank someone for an everyday task that makes the world brighter.



Reflect — take a moment to do something that brings you joy, such as meditating, walking or listening to music.

