

Squiggly Careers PodSheets



How to make work happier

The Happiness Equation

Your happiness is equal to or greater than the difference between the events of your life and your expectations of how life should be.

“ Is there anything ever under our total control? Yes, two things are: Your actions and your attitude. ”

Mo Gawdat

(Solve for Happy: Engineer Your Path to Joy)

What are your happy habits?

Ladder-like expectations in a squiggly career can lead to unhappiness at work.

- Fixating on promotions can limit your opportunities. Explore your possibilities to find unexpected development opportunities.
- Define your own version of success. Don't be led by other people's expectations or experiences.

How to help others be happy

Put your oxygen mask on first - It's hard to help others be happy, if you are not happy yourself.

Turn empathy into compassion - Help people identify actions and support them in getting started.

On the career happiness scale below, where are you at the moment?



How to solve for happy

- 1** Understand that happiness is the absence of unhappiness
- 2** Cleanse your life of things that make you unhappy
- 3** Make happiness a daily exercise

What does future career happiness look like to you?

Recommended resources



Solve for Happy

Mo Gawdat makes global happiness his personal mission.



Ted Talk: The happy secret to better work

Shawn Achor on the relationship between success and happiness.



How knowing your values unlocks career happiness

Squiggly Careers Episode 42

Amazing if