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)

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.

What are your happy habits?

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?

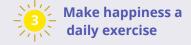
Settling Contented **Euphoric**

How to solve for happy



Understand that happiness is the absence of unhappiness





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