



5 STEPS TO YOUR WORKPLACE HAPPINESS©

Being the owner or head leader within a business presents many challenges. You are consistently faced with a range of situations from the relatively simple and straightforward, all the way to more confronting matters that require deep reflection and sensitive decision making. Add to this the pressures of limited time and inadequate opportunities to properly research the best business methods to adopt, and the result commonly leads to a level of overwhelm and unhappiness for the owner.

Julie Parker Practice Success has developed 5 steps for you to incorporate in to your life that will remove that overwhelm and restore your happiness.

1 ACCEPT & RELEASE

You will only ever be faced with two categories of dilemmas; those you are able to take action upon, and those that, for whatever reason, need to be left alone. It comes back to the well-known proverb, "...grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference". Problems that you can solve lead to a resolution that allows you to move on. However the problems that have no clear solution, and therefore reside uncomfortably within your mind, develop feelings of worry, fret, distraction and discomfort. These negative feelings leave you with a troubled mindset and prevent you from feeling carefree and happy. Acceptance that not all problems require 'fixing' and allowing certain situations to run their course and come to their own resolution is a vital step towards your happy state of mind. Once you fix a problem, you are easily able to release any concerns you have about it. You can also release this worry over problems you determine require no direct action on your behalf.

2 OPPORTUNITY

As a business owner, you are in a very powerful position to bring positive affect in to your life. Most people, as employees, are at the mercy of their bosses and co-workers in regards to work environment, career opportunities, hours of work, level of income, number of holidays and the tasks that make up our day. Remind yourself constantly how wonderful it is that you have placed yourself in a position that it is YOU who creates every element of your working life (and therefore personal lifestyle). Every morning feel a rush of excitement and gratitude that you get to create your own day!

3 RELATIONSHIPS

Create magnificent relationships! Some people prefer to work alone, while others seem to feed off the energy of people around them. A dental practice situation determines that you are working with a people all the time. Constantly pick up on opportunities to deepen your working relationships with those around you. Enjoy their company and be a source of enjoyment for them. Laugh, share, support and nurture one another. It is the quality of your relationships that help you through times of struggle, and celebrate in times of joy and success.

4 OPTIMISM

Is your glass half full or half empty? Do you get excited about your teams' potential for success, or get bogged down by the incidental issues they develop? When issues arise in the business, do you feel elated at the opportunity that is presents to be creative and discover a solution, or do you take this issue on as yet another burden to contend with? Being optimistic and intentionally developing a positive mindset in all situations will have a dramatic effect on your outlook. Adopting this mindset will take conscious energy to start with. However if you are consistent with your efforts, a natural optimism will soon become your default state when dealing with any challenge.

5 "BRING IT ON!"

No one lives a life free of problems. Owning a business is taking on even more problems. The resentment and negative self-talk you experience when faced with issues actually results in the 'problem-solving' area of your brain to shut down and work less effectively. Your self –confidence suffers and you exhibit poor leadership for your team. In essence, you are shooting yourself in the foot and ensuring an undesirable outcome. It makes no sense to continue with this approach. So flip it! Welcome the issues that inevitably come up. The enthusiastic management of issues is what will make your business win over the competition. You are aware that if you don't know the answer to a problem then you can find it. Become an awesome problem solver. Lead by example and develop the attitude of "Bring It On!" with every challenge!

IMPORTANT!

We all have choice. It is now up to YOU to choose to assume responsibility over your life. Reading the [5 Steps to Your Workplace Happiness](#) is only powerful and life-changing if you take ACTION and integrate the steps into your behaviour.

"The quality of your life is a direct result of the degree of responsibility you choose to accept."