



# Tips for Team Members

**JOY  
IN WORK**  
WHAT'S YOUR WHY?

## What's your why?

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. Is it the same as it was 1, 5, or 10 years ago?



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.

