



## Happiness at Work Quiz Results

You have several practices you can do to maintain your happiness:

1. Practice self-care: Take time for activities that bring you joy and recharge your batteries.
  2. Maintain a positive outlook: Focus on the good in your life and at work and cultivate gratitude.
  3. Build strong relationships: Connect with colleagues and build positive, supportive relationships with them.
  4. Stay motivated: Set goals, challenge yourself, and find meaning and purpose in your work.
  5. Encourage and support others: Create a positive work environment by promoting happiness, positivity, and growth for your employees.
  6. Foster a sense of community: Encourage teamwork, communication, and collaboration, and celebrate successes together.
  7. Continuously learn and grow: Pursue new challenges, opportunities for growth, and professional development.
- By focusing on these key areas, managers can maintain their happiness and create a positive work environment for themselves and their employees.