



Happiness at Work Quiz Results

Your score is **8 out of 10**, suggesting that you are happy and spreading happiness to others.

This means that you are satisfied at work and experiencing happiness in your organization; you are engaged and able to spread happiness and empower others and you are able to form positive productive social connections at work. Still, even in work environments where happiness is high, there are often ways to improve. Here are some research-based suggestions:

Pursue work that is meaningful to you. Explore opportunities that align with your values and make an important contribution to you, the organization, or something greater. Seek out work experiences where you can learn and grow.



Get in the flow. When your skills are aligned to the activity

you'll experience a positive and fulfilling state of mind

Your enthusiasm and energy will not only enhance your productivity but also help you to persist when facing challenges at work.

Take breaks when you need them. Giving yourself time to disconnect from work will help restore your energy to gracefully handle adversity at work. Your ability to recover and learn from setbacks, failures, and conflict at work will make you stronger over time.

Don't be afraid to ask for help. Treat your colleagues with respect, dignity, and civility. Express compassion when they are struggling, and gratitude when they lend you a helping hand.

If you're in a leadership position, try these ideas within your organization:



Share your ideas with the team. People feel a greater sense of purpose toward their work when they understand what's motivating it. Be transparent with employees about decisions and share your greater vision with the group.

Celebrate results. Foster an inclusive environment where people feel appreciated and accountable for their work. It is not only important to celebrate large accomplishments but also to thank people for hard work they put in every day.

Foster social connections. When coworkers can get to know one another, the whole team benefits. Not everyone will become friends but creating opportunities to form strong social bonds among colleagues can greatly increase workplace happiness.