

REIGNITING YOUR LIGHT

WHAT LIGHTS YOU UP? DO YOU YEARN FOR MORE MEANING IN YOUR WORK? HERE ARE SOME RESOURCES SO YOU CAN TAKE CHARGE TODAY INSTEAD OF WAITING FOR THE ELUSIVE DREAM JOB TO HAPPEN!

JOB CRAFTING

Tool for employees to unearth existing opportunities in their jobs through editing their tasks and interactions for a more fulfilled and re-energized experience.

SEEK A MENTOR

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PICK SMALLER GOALS

Our brains need to recognize and record victories, no matter how small they might be. Otherwise it gets frustrated. Picking a smaller, more realistic goal such as completing a small part of a report, will minimize feeling overwhelmed.

UNCOVER YOUR MANY PASSIONS

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Uplifting Videos and Podcasts:

How to Build a Better Job, Hidden Brain podcast
Job Crafting, a YouTube video of a re:Work presentation
Talks to help you find your purpose, TED Talks playlist
Happiness Advantage, TED Talk by Shawn Achor

Good Reads

Book Recommendations
from HR Professionals

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