

Love the job you have



Feeling dissatisfied with your job? Don't worry, there are many ways to ignite the passion you once had for your job.

Focus on what you like and have fun

It's not possible to only do the things you like, but ramping up your effort when doing the things you enjoy will enable you to tackle the tough parts. The same work routine year in and year out can leave you feeling uninterested, therefore always try and look for the fun element in your work. For example, if you're a writer, make it fun by challenging yourself to see how many quality pieces you can produce in a set time.

Make small changes

Boredom can be the root of unhappiness at work and when you find yourself in this situation, it's suggested you modify that which is getting you down. A way to break through the boredom barrier is to sign up for educational programmes offered by your employer. This can help change the routine you've gotten used to which might have led to your boredom in the first place.

De-clutter your desk and office

When your desk is a disaster, your office a mess,

and you can't find what you're looking for, it might be time to sort out a few things.

In a *Forbes* article career coach Beverly Jones explains that de-cluttering is liberating and empowering. The act of throwing certain things away while keeping others, is a practical way to make decisions about your life and what you want to do with it – giving you new perspective.

Ask for new duties

Keep your ear to the ground for new projects you want to take on, even if they're short-term, and jump at the opportunity. People are at their most passionate and engaging when they contribute something fresh to their workplace. It can help you feel more energised and inspired at work.

Set goals

Set regular, meaningful goals. A goal like learning a new computer program, for example, is a great motivator because you have something to work towards and when you achieve the goal it can go a long way in rekindling your passion for your job.