5 Things You Can Do to Keep Feeling Engaged at Work

ORGANIZATIONAL DEVELOPMENT DEPARTMNET

When you feel engaged at work, you're energized, focused, and motivated to do better. And that energy spreads – you're a joy to be around! And not just for your co-workers, but also your family and the store clerk at your local grocery store! Everyone benefits from the ripple effect of engagement.

But feeling engaged is a moving target, and you're not going to feel on top of your game 100% of the time. No one can. So when you need a lift, here are five things you can do to re-engage and do your best work.

Remind yourself why you're there

Write down your own personal engaged purpose – why are you there, at your desk, right now? Make this into your own motivational quote for why you want to be at your job. Of course, nobody loves what they do every single second, and it's easy to forget why you really, at your core, love what you do. Maybe you love the results of what you do, like being able to take care of your family. Whatever your reason is, write it down and place it somewhere you'll see it every day.

Observe, recognize and appreciate

Actively show appreciation for your co-workers who make your job easier and more delightful. Sometimes, the best way to feel better is to acknowledge what you're grateful for, and you'll be motivated to reciprocate and help them out in turn.

Try an Impact Filter for the mind

If you're feeling overwhelmed or frustrated, take a moment and try this Impact Filter exercise: Write down what went wrong, what you can do to improve or fix the situation, and what's actually good about the situation. This way, you can take a positive lesson out of anything that isn't going well, and you will do better the next time. You can do the Impact Filter exercise for any area of your life, not just work!

Set yourself up for a game you can win each day

That means: Don't over-schedule yourself. If you have 25 items on your To Do list, and you can only realistically do 5 of them, then you need to shorten your To Do list. If you don't, you'll subconsciously feel like you're failing all the time, draining your motivation and energy, and stressing yourself out.

Take Care of you overall well-being

Engagement requires emotionally investing in what you do, and that requires a lot of energy. That energy comes from the rest of your life. So take time to do the things that energize you and fill you up, whether that's making time to get to the gym, or spending weekends without looking at your smartphone.