

**“Work is good, provided
you don’t forget to live.”**

**“The thing about hair is it’s very
personal. You become a confidant,
and as a hairdresser that’s the
most important thing you never
betray. In that sense you are
a bit like a priest.”**

**“Nowadays true job satisfaction
and happiness is about fulfilling
your full potential, tapping into
your own creativity and feeling
that you can make a difference.”
—Chris Humphries, Director General
of City and Guilds**

Happy in their work...

1. Hairdressers 40%
2. Clergy 24%
3. Chefs/cooks 23%
4. Beauticians 22%
5. Plumbers 20%
6. Mechanics 20%
7. Builders 20%

Happy in their work...

8. Electricians 18%
9. Florists 18%
10. Fitness instructors 18%
11. Care assistants 18%
12. Health professionals 17%
13. Media 16%
14. Chartered engineers 15%

Happy in their work...

15. Pharmacists 15%
16. Scientists/research 15%
17. Butchers 14%
18. DJs 13%
19. Interior designers 9%
20. Travel agents 9%
21. Teachers 8%

Happy in their work...

- 22. Bankers 8%
- 23. Accountants 7%
- 24. IT specialists 5%
- 25. Secretaries 5%

Happy in their work...

- 22. Bankers 8%
- 23. Accountants 7%
- 24. IT specialists 5%
- 25. Secretaries 5%
- 26. Lawyers 5%

Law 6: Pursue Your Passions

**“Always make your enjoyment
greater than your effort.”**

— *The Laws of Lifetime Growth* By Dan Sullivan
and Catherine Nomura

“Enjoyment is essential for lifetime growth. Some people believe that success has to be hard earned to be real... They continue to toil away at things that give them no pleasure, suppressing any hints of enjoyment that may creep through, lest these be interpreted as signs that they are not “serious” or “professional” and deserving of success.”

“In the process, they cut themselves off from a major source of energy, creativity, and motivation. Finding ways to get more and more enjoyment from your activities is one way to ensure continued growth. Creativity in all fields of activity is intimately linked to playfulness—the constant desire to do new things just for the fun of it.”

“Approach everything you do with this sense of play, and you will ensure that, even though you still get as good or better results, your enjoyment is always greater than your effort.”

— *The Laws of Lifetime Growth*
By Dan Sullivan and Catherine Nomura

**“...the joy of the Lord
is your strength.”**

—Nehemiah 8:10

**“In order that people may be happy
in their work, these three things
are needed: they must be fit for it,
they must not do too much of it,
and they must have a sense of
success in it.” —John Rustin**

Principles to Increase Your Job Satisfaction

- **Absorption**

**“Nothing is really work unless
you would rather be doing
something else.” —J.M. Barrie**

**“Your job is not a game. But when you
approach it like a game, you’ll enjoy
it more and you’re more likely to be
successful at it.**

—Research / University of Chicago

**“Games produce a condition called
‘flow,’ characterized by absorption in
the activity (not thinking about anything
else), a feeling of control and enjoyment.
And one of the most common
characteristics of flow is that time seems
to fly.” —Mihaly Csikszentmihalyi**

“There is an important clue as to whether one is carrying out good work. Doing good work feels good. Few things in life are as enjoyable as when we concentrate on a difficult task, using all our skills, knowing what had to be done.” —Howard Gardner, Mihaly Csikszentmihalyi, and William Damon

Principles to Increase Your Job Satisfaction

- Absorption
- Adjustment

“One of the symptoms of an approaching nervous breakdown is the belief that one’s work is terribly important.”
—Bertrand Russell

Principles to Increase Your Job Satisfaction

- Absorption
- Adjustment
- Appreciation/Association

Three things all workers want and need for job satisfaction:

- Recognition—I am valued
- Respect —I am important
- Reward—You did good!

Principles to Increase Your Job Satisfaction

- Absorption
- Adjustment
- Appreciation/Association
- Adaptation

“The best cure for a sluggish mind is to disturb the routine.”

—William Danforth

“Life is not a static thing. The only people who do not change their minds are incompetents in asylums, who can't, and those in cemeteries.”

—Everett M. Dirksen

Principles to Increase Your Job Satisfaction

- **Absorption**
- **Adjustment**
- **Appreciation/Association**
- **Adaptation**
- **Accomplishment**

“I loathe drudgery as much as any man; but I have learned the only way to conquer drudgery is to get through it as neatly, as efficiently, as one can... A dull job slackly done becomes twice as dull, whereas a dull job which you try to do just as well as you can becomes half as dull.”

—Harold Nicolson

“Whatever your hand finds to do, do it with all your might...”

—Ecclesiastes 9:10a

Principles to Increase Your Job Satisfaction

- **Absorption**
- **Adjustment**
- **Appreciation/Association**
- **Adaptation**
- **Accomplishment**
- **Alignment**

**“But they who wait for the LORD
shall renew their strength; they shall
mount up with wings like eagles;
they shall run and not be weary;
they shall walk and not faint.”**

—Isaiah 40:31