

# HOW TO **BE HAPPY**

## AS A LEADER

In Your Veterinary Practice



# HAPPINESS IS POSSIBLE

People often think when they get into management they will be happier because they will be able to do things their way and have more control. But research shows otherwise. And if we aren't happy at work, we can be sure our team won't be.

To experience happiness we must concentrate on moving toward the meaningful things in our life, not just running away from the things that are making us miserable. We can think about things we enjoy, that we're good at, and that are significant to us.

## Things we might enjoy

- Helping or contributing to the success of others
- Learning new things
- Building relationships
- Accomplishing something or reaching a goal

### Note

These things don't need to be limited to your career. It's valuable to consider what makes you happy in general.

Happiness is affected by motivation, so the opportunity to be happy occurs when we are making progress toward things we care about.



As we make progress toward our goals, our brain tells us something good happened, which creates the feeling of happiness.

But, if we don't define happy, it's much harder to get there.

# YOUR DEFINITION OF HAPPY

Once we've identified things that make us happy and understand the relationship between our happiness and the progress we make toward things that matter, we can start to create our definition of happy.

## To set ourselves up for success we can:

### ● Set goals

We can set goals of any variety - they don't all have to be specifically centered on work or our career. They just need to be things that make us happy.

### ● Practice

It's true: we can practice things that make us happy. It's important, though, to keep in mind they should be things we can control.

### ● Build and invest in relationships

When we make the effort to get to know people, we find ourselves in a better position to help them achieve their own goals, which our brains recognize as good, making us feel happy.

### ● Learn and do new things

We feel good when we learn something or participate in something new and find we enjoy it.

### ● Create habits

It's important that we make time in our calendar to set goals, practice, create relationships, and learn new things. As we do, we can create habits that cause us to feel happy.



**We won't always feel completely engaged, but as we focus on these things we can be happier more often, creating habits that bring us closer to our goals and our own definition of happy.**

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