

**THE SECRET TO BEING A**  
**HAPPIER MANAGER**



# WHERE MISERY COMES FROM

There are components in our lives that can cause us to feel unhappy. Identifying the things that can make us feel miserable is the first step toward making the changes we need to feel happier.

It's also important to realize that other people on our team can feel the same way for the same reasons. Addressing these miseries can help improve the engagement and culture in your practice.



**LACK OF CONTROL**



**BLAMING OTHERS**



**REPETITION WITHOUT  
PROGRESS**



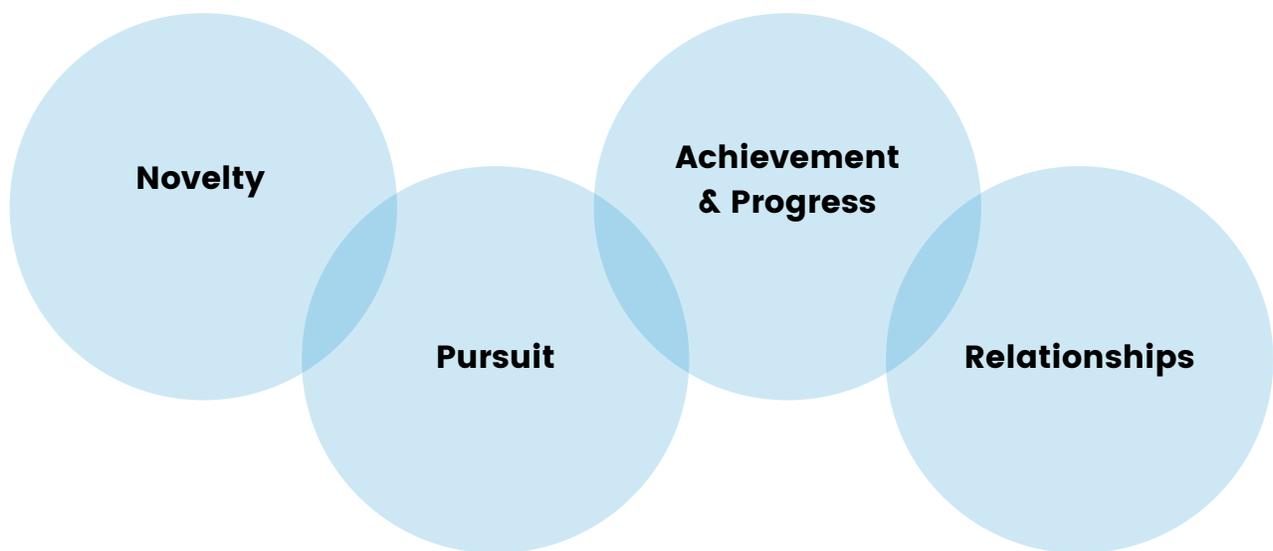
**DESIRE FOR COMFORT**

# TRUTHS ABOUT HAPPINESS

While we aren't likely to be happy every hour of every day, we can recognize some truths about creating happiness in our practices and lives. These include:

- Happiness is possible, even in veterinary medicine.
- It doesn't happen by itself very often.
- Most of it comes from within.
- We can build habits that help us create more.

## THINGS THAT LEAD TO MORE HAPPINESS



**Novelty:** Experiencing new things can be exciting, whether it's a new team member, a new way of doing things, or something else.

**Pursuit:** When we have something ahead of us that we want to accomplish, we feel like we have a purpose.

**Achievement & Progress:** As we start to make progress, we'll feel happiness as we meet each step.

**Relationships:** Happiness is often connected to the interactions we have with others.

# CREATING HAPPINESS FOR YOURSELF

Once we've identified things that can make us unhappy, have learned some truths about how happiness happens in our lives and what things can cause it, we can start to do things that will make us happier in and outside of our practice, like:

## ● **Set Goals**

If we don't have goals we can't be happy, because we don't have things to move toward and look forward to. Goals don't have to be huge and distant. They can be smaller and more immediate and still cause happiness.

## ● **Learn to Participate in New Things**

If we aren't injecting new things into our world, we'll be less happy. We can discover new hobbies, learn new things, or try new activities. We have to be proactive about learning, and not wait for it to happen for us.

## ● **Schedule and Practice Things We Know Make us Happy**

We can all identify things we do that make us happy, like travel or reading a new book. Making time and actively scheduling to do the things that make us happy is important.

## ● **Build and Invest in Relationships**

We can decide things like, "Who do I want to learn more about at work?" The interesting things we can learn about our team members may surprise us, and we might even learn something new.

## ● **Turn These Steps Into Habits**

Finally, we need to repeat these things until they become habits. Repetition will form habits in our brains, but we have to consciously make the effort in the beginning to do these things daily and weekly.

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