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I am thankful for my career. I realize that I have choices about what type of work I do. ***I choose to work at my particular job because it is meaningful and fulfilling.***

Because my work is nearly one-third of my life, I want it to be fascinating, ever-changing, and abundant. Without work, I realize I would likely be less than the person I am today.

My work adds to me. It makes me think more, show my serious side, and gives me a chance to be a great team player. I show the world what I can do at work.

I excel in life because of my work. I feel pride when something I do at work is recognized. I am happy to help out my supervisor or co-workers. My chosen life's work has a special place in my heart. I know I can be at the top of the heap at work because of my achievements there.

When I am off work, I ponder all the things I love about my current job. I am blessed to have my job.

Today, I intend to put my all into my work. ***I see it as my responsibility to ensure I love my work.*** I plan to reach out to my supervisor to offer to help them and my co-workers in completing their work projects. My career is important to me.

Self-Reflection Questions:

1. How do I feel about my work?
2. Do I enjoy getting up in the mornings, knowing that I am headed to work?
3. What can I do to find more joy and value in my work?