

5 STEPS TO GET CLOSER TO YOUR MAIN DRIVERS



Once you completed the **Quiz** to define your Main Drivers of Happiness at Work, one of the next steps is to build the bridge between: what you have & what you need.

I explain more in my **TEDx Talk**.

The purpose is to get closer to your main drivers.

But how?

Here are 5 steps you could implement to get closer to your drivers:

1 YOU ARE THE STARTING POINT

First, you need to define:

Which drivers do you already have in your current situation?

And

Which one would you need to do something about it?

Decide what can YOU do (at your level) to get closer to your drivers and where would you need support from someone else.

Make a clear list and action plan for each of your drivers
Here are some examples:

- *To improve / to get more (...one of your driver...) I would need to ...*
- *Schedule in my agenda a reminder to do it*
- *Subscribe to ...xyz... to improve my skills on ...*
- *Discuss with my partner /colleagues /boss about...*
- *Schedule a meeting with ...xyz... to raise the topic of ...*
- *Brainstorm with my colleague ...xyz... on how to improve ...*
- *Ask the opinion of my colleagues about...*

The most important thing is to start the conversation with yourself and with the ones who could help / support you to get closer to your drivers of happiness at work.

DO SOMETHING ABOUT IT

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3 INCLUDE YOUR COLLEAGUES

Ask your close colleagues their main drivers of happiness at work.

It could be a nice exercise to do at a Thursday/Friday get-together (or even via ZOOM/TEAMS!)

- It would allow everyone to reflect and share their main drivers
- You will understand what's important for them and might understand their way of working much better
- It will allow you all to discuss about it and see what can you all do to get closer to your main drivers: supporting each other is crucial to create a positive environment at work

And who knows... maybe the whole team will start or stop doing something to improve the team's culture or make the team an even better one.

Try to have a conversation with your manager to share your drivers and share your plan to get closer to them.

- Is there anything your boss could do to support you?
For example: having more feedback in meetings, supporting the team on a specific project, having more transparency, open communication...)
- Pay attention to not turn the discussion into "blaming" but to bring ideas on how you could all benefit from them.

Lead the conversation with "I feel, I think, we could, what do you think of, why don't we try..."

4 HAVE THE BIG BOSS TALK

5 BE INSPIRATIONAL

Show the example and inspire others with your initiatives to get closer to your main drivers.

Happiness is contagious!

People around you might be inspired by what you do and start imitating your initiatives.

It can even be your boss 😊

⇒ That's the story of Mellissa in my [**TEDx talk!**](#)

Remember:

Happiness is a skill – Happiness is a mindset – Happiness is an attitude!