5 ways to find purpose in your everyday work

Because finding purpose and meaning in our work is a vital part of our well-being, try reflecting on the little big things that bring us joy—starting with these five fulfillment boosters:

1. **Keep a gratitude journal.** Take a few moments at the start (or end of) every workday to note feel-good highlights. Keeping a daily log helps remind you of the most meaningful and memorable moments throughout your career.
2. **Intentionally connect with someone each day.** Asking someone about their day, offering a compliment, lending a hand, or sharing how much they mean to you are simple yet rewarding ways to connect.
3. **Consider your values and strengths.** Be willing to share your unique talents. If you shine at organizing, incorporate it into how you work with your team (or with the tasks you volunteer for). If you love collaboration, volunteer on projects that need new ideas.
4. **Track your accomplishments.** Keeping tabs on your successes and proudest moments at work can remind you of the positives and what you add to your role. Tracking achievements also enables you to reflect on what made each one special.
5. **Remind yourself of the bigger picture.** Even if your work role isn't particularly life-changing, all of us play an important role in society. Consider your employer's mission, vision, and values, and how they align with your values or the person you aspire to be.

Want to learn more?

Go to PacificSource.com.

Under **Employers,** see **Wellness Toolkits.**

PacificSource HEALTH PLANS