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Practicing Gratitude at Work: Bring Something to the Table Every Day!

Having trouble being thankful year-round? Here are some great things to focus on:

You have job skills:

Everyone brings something to the table. Know your value, and see the value in those around you. Sales, Marketing and Finance don't always see eye to eye, but they all need each other like a desert needs water. Look around: you probably have some excellent co-workers. With the not so excellent ones, think of one thing about them that is outstanding and brings something to the equation (even if it is just his great cowboy boot collection.)

If you have a job, you have customers:

There are never enough of them, but you do have some customers, and some—if not all—bring you meaningful work to dig in to—what every human craves.

You have a boss:

Yes, some days you secretly think the boss is a ding-dong idiot. Other days they are the great driving force of your favorite project. Sometimes the boss is a mix of the two. In reality, many days, your boss is the buffer between you and someone higher up—this can be a frustrating thing, but also can be a great, great thing. Put yourself in your boss' shoes. Learn from their good qualities. Understand what drives them to succeed on their toughest days.

You have family, and laughter:

Not all of these are consistent (especially family, and especially at the holidays.) Your crazy family, and the ability to smile at beauty—and to laugh at absurdity—will heighten your enjoyment throughout the holiday season!

We do live in a land of opportunity:

It is a truism that opportunity in employment is not consistently and fully there for all of us (women, people of color, older workers.) However, we do ALL have more opportunity in this country than in some other places on the globe. We live in a place and time of the “great experiment”—so let's all work to better the odds. Some things work very well, and some things we have to improve upon together. Understanding, reaching out, celebrating what makes us each unique—this employment of our time will prove to be meaningful work for all of us.

Happy Thanksgiving to all!