fun

Enjoyment, amusement, or lighthearted pleasure.

Nearly everybody wants to use their muscles and stretch their brains. They want to exercise their creativity at work -- and who can blame them? If work were more fun, it would be more productive and more profitable.

A study by BrightHR found that employees who have fun at work are less likely to take sick days and more likely to report feeling creative at work and committed to their organization. In another study, the University of Warwick measured the impact of happiness on employee productivity and found a 12% spike in productivity among happy workers and a 10% drop among unhappy workers.

WAYS TO APPROPRIATELY "SELF-INCREASE" FUN AT WORK:

- ✓ Celebrate each other and your team
- ✓ Offer productive and helpful ideas
- ✓ Be the BEST version of YOU
- ✓ Participate in discussions and improvements
- ✓ Organize, declutter and decorate your desk
- ✓ Genuinely compliment 1 person a day

If you have an idea of an organized way to increase our "fun" quotient in the office, please speak with your team leader or pop me an email.

"If you're conscientious and keep responsibilities and deadlines top of mind, any fun you can infuse into your day is only going to make you more productive and engaged by what you're doing." ~ Laura Brounstein

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