

I am energized by my work

My work sustains me in many ways. The time I spend at my job is of value to me because it supports the rest of my life. Not only do I receive financial compensation, but I also feel energized by the work that I do.

Everything I do is an opportunity for growth, and I am always learning. When I find myself doing a well-practiced, repetitive task, I look for ways I can do it faster or better.

When I am confronted with a new and challenging task, I am thankful for the chance to learn. This attitude helps me know I am progressing.

When I look at my work positively, I gain from it. This is natural law: my attitude comes back to me. To get good things in my life. I choose to cultivate a positive attitude toward my work.

My career fulfills many needs. Knowing that I have selected this path, with my highest good in mind, I feel energized each day.

Today, I value all of the good things my job brings to my life. Each day, I take a few moments to remind myself of the many ways in which my work benefits me and those around me. Filled with positive thoughts, I can tackle my tasks with energy to spare.

Self-Reflection Questions:

1. What are some of the things I like best about what I get to do?
2. What are some ways my work benefits my life?
3. Are there choices I can make at work to increase my enthusiasm?

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