

How to Rekindle Enthusiasm for Your Job

By Robert Half/Accountemps

It's the start of another workday morning: You arrive at your desk, cup of coffee in hand, and turn on your computer. As you wait for the login screen to pop up, you stare at the pile of work on your desk and think, "Another day working on the same old stuff. Yippee."

Deep down, you like your job and where you work. But lately, you've been unenthusiastic about coming to the office and unfulfilled by your assignments. You would like to feel more inspired, but you're unsure how to turn things around. One answer: some self-motivation techniques that really work.

"Oh no, not another self-help article," you say. But making just a few small changes to your everyday work routine could be all you need to reignite passion for your job. Here are some tips:

- **Stay in an orbit of positivity:** First, consider the company you keep. Are the people you spend the most time with at the office complaining about *their* work regularly? If so, their negative outlook might be rubbing off on you. Try to spend more time around colleagues who are upbeat and seem motivated to excel. Their positive attitude likely will be even more contagious.
- **Tackle tough challenges head on:** By nature, most people will address the easiest or most interesting tasks on their to-do list first, pushing aside projects they think will be boring or difficult. If this describes your approach to work, flip things around. Address the most frustrating or tiresome responsibilities when you feel most productive, so you can get these stressors off your desk sooner and avoid having them stockpile. The sense of accomplishment you'll gain should give you the energy to plow through less-intensive work with ease.
- **Keep learning new things:** Many professionals find that engaging in continuous learning is essential to their job satisfaction. If this describes you, and your firm is unable or unwilling to provide job-related education and training you'd like to pursue, you may need to make the investment on your own. The rewards can be well worth it: Not only will you have the personal satisfaction of improving your knowledge and skills, but you also can increase your value to your current employer (or perhaps, a future one).
- **Be your own goal-setter:** More than likely, you're working toward milestones that you discussed and set with your manager. But have you established your own professional goals and a deadline for achievement? Working toward what *you* want to accomplish can be more satisfying, personally, than simply meeting your employer's expectations. And don't think only of big-picture goals, like, "I want to earn a promotion by next year." Assign yourself short-term "achievable," as well, such as, "This month, I'm going to master the newest version of our firm's payroll software so I can work more efficiently." Smaller accomplishments can help keep you engaged in your everyday job while pursuing longer-term career objectives.

Work toward a prize

Rewarding yourself for a job well done is key to successful self-motivation. Each time you set a professional goal and reach it, celebrate a little. A small accomplishment may warrant a dinner out with a spouse or friend, for example. Toasting your success doesn't have to be reserved only for reaching a career-altering achievement.

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