Techniques to Make Jobs More Rewarding and Enjoyable

- Focus more on what you expect to accomplishment than on the difficulties you expect to encounter

- Develop plans and goal sequences to guide your work but also get feedback and be prepared to revise plans when necessary

- Emphasize perseverance and flexibility over attempts to be perfect from the beginning

- Make routine work more interesting by treating it as a game, trying to surpass self-imposed quotas, do individual portions perfectly, or discover how you can add personal creativity to it

- Learn to enjoy the challenge of solving problems and to take satisfaction in a job well done

- Congregate with people who share similar attitudes and expectations, while avoiding people who lack goals or who are more into complaining than coping