

The Webscout

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Happy business

When thinking about the topic of this issue I questioned why for some people business is a source of fun while for others it is not. We all know that factors like time pressure, an inadequate working environment and a lack of variety in our tasks can make us unhappy with what we actually like to do. But what in the end makes us feel happy about what we do and what is the best strategy to achieve happiness at work? I decided to dedicate this Webscout to happiness in and from business.

'Do something you love and you'll never have to work a day in your life'.

John Lasseter, Chief Creative Officer, Pixar

This is one of the most important points. Breaking it down a little more, do it at your pace but do it, stick to your beliefs and values, and learn to say 'no' are messages you can take from '10 things we've learnt that we wish we'd known back then':

<http://ow.ly/NkAIu>

The 'Spook Studio' website shows what it can look like if business people just do things their way. They do not obey conventional business traditions. They have fun and show it:

<http://www.spookstudio.com>

The people behind Spook Studio have co-founded the 'Happy Startup School'. You can follow them on Twitter: @happystartups. Their free e-book on '4 steps to a happy startup' further explores the question of 'how you can build a happier, more successful and sustainable business whilst living a balanced, fulfilling life':

<http://www.thehappystartupschool.com/ebook>

You might also want to find out what your purpose is:

<http://ow.ly/NkHMK>

You might say that none of this applies to your medical writing business. That all this is only for people who want to do something completely different, something unconventional. This is not the case, as you can conclude from an interview with Penina Shepherd from a UK law firm that specialises in business law. She provides conventional law services, but does so differently from others. And she obviously feels happy doing so:

<http://vimeo.com/120792172>

You do not need a completely new start if you feel unsatisfied with your job or your own business. However, keep in mind that happiness at work is important. It contributes to your success and even more importantly to your happiness in your life as a whole:

<https://youtu.be/Eq81wx6aPbA>

It is thus worth seeking happiness in your job.

Perhaps happiness is a mental choice. Maybe you can decide to be happy or feel miserable in the same job. Watch a video on the idea 'Happiness is a choice':

<http://vimeo.com/19036262>

Sometimes you just do not see what you have, what you have already achieved. You might have just lost your enthusiasm about what you do. Maybe the strategies found here will help you be happy with your work (again):

<https://youtu.be/xYdTkff5zhU>

The final message might be this: It all starts with you. You are your own way to happiness in business, you just need to recognise the reasons to be happy, and I am sure there are enough of them:

<http://ow.ly/NkQyK>.

Get more inspiration at <http://ow.ly/NkQWT>.

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