

Choosing Happiness at Work Questions

How would you define happiness at work?

Do you think you are happy at work? Why or Why not?

What do you do to make yourself/your employees happy? Do you do this mindfully or is it innate?

Who is responsible for your happiness at work?

Can you think about others who are happy at work? Tell me about them.

Is there a time that you weren't happy at work? What did you do to make yourself happy?

What value is there to being happiness at work? Do you think it garners admiration or judgment from others?

What might your happiness legacy be?

What tip or advice would you give to others who want to have happiness at work ...or build happy teams?

Anything else?