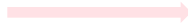


How to be a Happy Worker

when Self-Employed | Jenny Girl Friday

warming up

How to be a Happy Worker
One definition
Thriving! In work and life



Meaningful
Fits your style of working
Enough money to support lifestyle

theories + overview

Not by accident, must be cultivated
"People don't quit jobs, they quit managers"
Thriving may look different, at different times
Be aware of stages of development
Choose to be the BEST BOSS ever
Choose to learn the Art / Science / Craft
Develop knowledge and skillset
Create time in your schedule - for both

Build Routines
Plan to get better over time
Embrace the Roles:
Leader - sets the culture
Manager - creates the working conditions
Happy Worker - pays attention and communicates
You - Make a choice + believe

practices

Guiding Ideas

Skill

You

Make the choice and believe
New stories
Define for you
Includes whole self

Thriving Plan
Identify signs of thriving / signs of struggling
Be willing to be different
Self-care plan

Leader

Vision / Sets the Course + Culture
Willingness to create custom model
Imagination / Values
Learn and avoid pitfalls

Annual retreats
Quarterly check-ins
Yearly Theme / Priorities
Brand / Ideal Client

Self-Manager

Plan to Stay on the course / Alignment
Set expectations
Get tools + support
Create structure
Reward
Adjust when needed

Weekly check-ins
Create/revise policies
Create/revise routines
Ideal schedule
Client assessment tool
Choose rates to result in great paycheck

Happy Worker

Following the plan
Observant
Communicates
Asks for Help
Be Responsive

20 ways to say No
Record wants and desires
Record irritations
Take time before responding
