change your point of view. ex-a janitor at a hospital may seem like a bad job but you can change your point of view, to helping families find their way around the hospital and providing a clean, pleasant environment for doctors and nurses to do their work and for patients to heal.

find purpose in your work

go from this to this you may not have your dream job but how do you stay happy with your current job?

Studies show that we get satisfaction from all kinds of work — not just our dream job