

TREASURE HUNT: Finding joy at work

Q: WHAT IS ONE THING YOU LOVE ABOUT WHAT YOU DO?

Think back over the last month and remember an interaction that made you smile and connected you with what you love about your career. Take a moment and write down what that is. Set an intention to experience it again in the day ahead—seek it out and savor it just once today. Say it out loud,

“Today, I am going to look for a way to experience...

 _____ ”

[fill in the blank with the thing you love]

Make it a stress-relieving game by tracking the days you “find treasure” with tick marks on a monthly calendar. Give yourself a prize from your prize list whenever you find treasure two or more times a week.

Use LMP puzzles and games to provide some fun in meetings while reinforcing partnership concepts. Visit LMPpartnership.org/tools/puzzlesand-games for puzzles, games, meeting icebreakers and more.

