**Consider strategies to improve job satisfaction**

You may have many options for increasing your job satisfaction.

Take on a **project** that can **motivate** you and give you a sense of control. Start small, such as organising a work-related celebration, before moving on to larger goals.

Working on something you care about can boost your **confidence** and job satisfaction.

Helping a new team member or an intern advance his or her skills can restore the **challenge** and the job satisfaction you desire. If you're feeling bored or unchallenged, talk with your supervisor about cross-training. If you hear that your company is launching a new project, volunteer for the team.

Use **positive thinking** to reframe your thoughts about your job. When you catch yourself thinking your job is terrible, stop the thought in its tracks. Remember, everyone encounters good days and bad days on the job.

Imagine that you receive a less than stellar **performance appraisal**. Instead of taking it personally or starting to search for another job, look for the silver lining - such as the **opportunity** to attend continuing education classes or work with a performance coach.

Take satisfaction in your ability to put performance feedback to work.