

Four Strategies to Stay Engaged at Work

People are typically completely engaged when they first begin their jobs. However, this initial enthusiasm eventually fades into "what's next?" due to changing environments and/or lack of resources to perform their jobs in an efficient manner.



1. Go deeper in the job you currently have.

If you want to feel more fulfilled in your life, you must dig deeper into your current job. Even if you think your daily tasks are meaningless, it is important to remember that it is not the tasks themselves that matter. Rather, it is your attitude and approach to the tasks and your willingness to continue learning. While it may seem counter intuitive, being present and dedicating time to your job right now is the first step to your dream job.

Success requires that you do the current job well.

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2. Show up with a desire to be present.

It is difficult to stay engaged in your current job when your mind is wandering elsewhere half the time. If you want to stay focused on your tasks throughout the day, you must be present. Being present is not easy, but it can become second nature with a little bit of practice and a lot of intention. Find ways to be present, from moment to moment.

Show up to work with a desire to be nowhere else.

3. Be engaged.

Staying engaged is easier said than done, and it is something many people struggle with. If you are able to stay engaged on important tasks, you will become more productive and be more fulfilled. As a result, you will be noticed and rewarded for your efforts. For an example, if a restaurant server is particularly engaged in attending to you, you are likely to leave a larger tip. Similarly, when a server is disengaged in his or her duties and seems focused on other tasks, it can lead to frustration and a smaller tip and you may even decide not to return to the restaurant.

**Your level of engagement matters to your colleagues
and your clients.**

4. Take one-step at a time.

To truly advance, you must learn to tackle the annoying, minute, and challenging tasks on your list. It is kind of like climbing stairs: you can skip a few steps to get to the top, but the only way to avoid tripping and falling is to take one-step at a time.

**You must handle the current step to get to the top of
the staircase.**