



# Joy at Work Work at Joy: Living and Working Mindfully Every Day

*Joan Marques EdD*

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Inspiring employees of all levels, this guide helps lay a foundation for creating a positive, uplifting attitude towards each work day by making mindful choices to be kind and supportive especially in collaborative situations. This empowering reference promotes acceptance, togetherness, interconnectedness, and mutuality as means to a happy, positive day. Each day of the year is allotted one page, providing a daily guiding thought, an action to try to accomplish, and an idea to ponder, sometimes in the form of a short story. These practical, daily steps help turn a workplace into a more joyful, gratifying, and productive space.



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