The Power of Small Wins

Going to work can be a struggle some days. Sometimes you just don’t feel like facing that long to-do list you know was left waiting for you on your desk. Often times we can get burnt out or discouraged if we feel like we’re not making meaningful progress in our daily tasks. It is important to take time to reflect on the “small wins” that you accomplish at work. This can help you to fell more satisfied with the work you’re completing and cause you to perhaps even become more productive.

In a Harvard Business review article entitled The Power of Small Wins, Teresa Amabile and Steven J. Kramer explain that the key to motivating performance is supporting progress in meaningful work. The authors conducted an experiment where they asked creative professionals to keep a work diary to record their emotions and accomplishments at work. After studying these diaries, they identified the progress principle, which states:

“Of all the things that can boost emotions, motivation, and perceptions during a workday, the single most important is making progress in meaningful work. And the more frequently people experience that sense of progress, the more likely they are to be creatively productive in the long run.”

In order to garner more meaning from the work your do, keep a work diary. It can help you to appreciate just how meaningful and effect the work is that you do. It can help you to see more of the big picture of your career. It will allow you to reflect on what you’ve already accomplished and feel good about that. Take time to appreciate your hard work. You will also be able to focus yourself on what still needs to be accomplished. Try keeping a work journal for a month and take time every week to review what you’ve accomplished. Appreciating the small wins will help you to be more motivated and find meaning in what you do.

Source: