

# Belonging at Work

Starting the day with a specific intention can help you conquer tough conversations, feel more connected to your co-workers, or simply give your morning a boost of positive energy. That's why we created a series of monthly calendars dedicated to meaningful work. This month, we're focusing on belonging at work: How can we build community, tackle loneliness, and foster authentic friendships in the work we do? We hope the ideas here will bring a little inspiration, meaning, and connection to your working days.

# FEBRUARY 2023



S	M	T	W	T	F	S
			<p><b>01</b></p> <p>Think of a colleague or someone in your professional network you haven't connected with in a while.</p> <p>Arrange to meet them for lunch or coffee.</p>	<p><b>02</b></p> <p>Do you participate in the wider community of people who are engaged in the work you love? Research talks, workshops, or other events in your field and find out how you can get involved.</p>	<p><b>03</b></p> <p>Write down a list of people you really enjoy working with. What makes you so compatible?</p> <p>How can you work together more often?</p>	<p><b>04</b></p>
<p><b>05</b></p>	<p><b>06</b></p> <p>If you've ever played in a band, you might have enjoyed a few "jam sessions" where everything flowed.</p> <p>How can you replicate this feeling at work?</p>	<p><b>07</b></p> <p>Slow down and connect with what matters to you at today's Meaning Circle® at 12pm EST.</p> <p><a href="#">SIGN UP HERE</a></p>	<p><b>08</b></p> <p>Place 15 minutes on a meeting agenda where you simply check in on one another before the task at hand.</p>	<p><b>09</b></p> <p>Today, try practicing the opposite of gossip by openly praising or complimenting your co-workers who aren't in the room.</p>	<p><b>10</b></p> <p>Do you have a workplace bestie you always take lunches with?</p> <p>That's great. But today, remember to be inclusive by inviting someone you don't socialize with as often.</p>	<p><b>11</b></p> <p>International Day of Women &amp; Girls in Science National Make a Friend Day (US)</p>
<p><b>12</b></p>	<p><b>13</b></p> <p><u>Galentines</u> and Palentines Day!</p>	<p><b>14</b></p> <p>On Valentine's Day, why not thank the significant others in your support network who make it possible for you to be your best self at work?</p>	<p><b>15</b></p> <p>Many adults are feeling lonely, especially in remote work environments.</p> <p>Check in on someone in your network who might be feeling isolated.</p>	<p><b>16</b></p> <p>If you struggle to concentrate while working, try "body doubling." It's when you work quietly alongside another person and get a productivity vibe going. You can even do it remotely over Zoom.</p>	<p><b>17</b></p> <p>Random Acts of Kindness Day.</p> <p>Who can you show kindness to during your workday?</p>	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b></p> <p>Organize a book or podcast club with friends or co-workers.</p> <p>A simple structure for each session is: What did you like best, what did you learn, and what will you do with it?</p>	<p><b>21</b></p> <p>What was the last task or project where you had a lot of fun with your colleagues?</p> <p>Take the initiative to create more of these joyful activities.</p>	<p><b>22</b></p> <p>Do you have a buddy who keeps you accountable, works alongside you, or encourages you?</p> <p>If not, how might you find one?</p>	<p><b>23</b></p> <p>Register for a MeaningCircle® at 5:30pm EST.</p> <p><a href="#">REGISTER HERE</a></p>	<p><b>24</b></p> <p>Schedule a fun show-and-tell session at work.</p> <p>You just might learn something you didn't know about someone or learn how to do something new!</p>	<p><b>25</b></p>
<p><b>26</b></p>	<p><b>27</b></p> <p><b>Reflection prompt #1</b></p> <p>What do you do that makes you a good colleague? What do you experience that gets in the way of working well with others?</p>	<p><b>28</b></p> <p><b>Reflection prompt #2</b></p> <p>Do you feel accepted at work? How can you bring more of your whole self to work?</p>	<p><i>Chance made us colleagues. Crazyness made us friends.</i></p> <p>-- Unknown</p>			