

# LOVE What You Do

## Feeling fulfilled in your career

Loving your job means so much to your overall health and well-being.

FIRST ASK  
YOURSELF

### How fulfilled are you?

What unique strengths do I bring to my agency?

Where do I want my career to be in five years?

### Am I happy at work?

THEN MAKE  
A MOVE

### Increase your work satisfaction

**TALK TO YOUR SUPERVISOR:** Let him or her know what you want out of your career

**FIND A FRIEND:** Have a work bestie to make your day more fun

**LEARN A NEW SKILL:** Find something you are interested in and explore it

**SANFORD**<sup>®</sup>  
HEALTH PLAN