

20 TIPS TO HAVE FUN AT WORK

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According to the [Bureau of Labor Statistics](#), 89% of working Americans spend an average of 8.5 hours every weekday and 5.6 hours per weekend day at work. That translates to roughly 90,000 hours or 1/3 of an average lifespan spent working. That's a staggering number. In August of 2019, [The Conference Board](#) released its report on job satisfaction, with 54% of Americans reporting that they are satisfied, a three-point jump from the previous year. So, while Americans are basically satisfied with the work they do, they're spending a lot of their lives doing it.

We've all heard the phrase, "If you're going to do something, do it well," and an entire generation has embraced the YOLO (You Only Live Once) philosophy. When we realized how much time we all are going to spend working, we decided there has to be a way to make the most of it. Below you'll find 20 ways to have fun at work, presented in no particular order. These tips may not all be practical for your work situation, but we're betting you can find plenty to help you live your best, most fun work life.

1. Decorate.
2. Make friends.
3. Create happy moments.
4. Create or join an office team or club.
5. Get up and get out.
6. Solve a riddle.
7. Celebrate.
8. Allow spontaneity.
9. Send handwritten notes.
10. Go on work outings.
11. Do group exercises.
12. Give yourself a reward.
13. Meditate.
14. Play a harmless prank.
15. Start a charity drive.
16. Track tasks with a productivity app.
17. Have regular no-business meetings.
18. Organize goofing-off time.
19. Get some toys.
20. Start a 30-day happiness challenge.

Read more about each tip [here!](#)