Money doesn't buy happiness. Achieving happiness at work requires nothing more than practicing a few simple disciplines everyday. Here are some self-help tips for happiness at work that everyone can be achieved by:

1. Find **positive meaning in your work** and treasure what you can contribute.

2. Live a **healthy life** with adequate physical exercise, sleep and rest.

3. Build **positive bonding** with family members and colleagues.

4. Think flexibly and **optimistically** to open up more options for yourself.

5. Practice **appreciation and gratitude** to make life more beautiful.

6. Clarify your **career and life goal**, and go for it!