THE PROGRESS PRINCIPLE

USING SMALL WINS TO IGNITE JOY, ENGAGEMENT, AND CREATIVITY AT WORK

TERESA AMABILE
STEVEN KRAMER

Harvard Business Review Press
Boston, Massachusetts
Contents

Introduction 1

1. Scenes from the Organizational Trenches 11
2. The Dynamics of Inner Work Life 27
3. The Inner Work Life Effect: How Inner Work Life Drives Performance 43
4. Discovering the Progress Principle 67
5. The Progress Principle: The Power of Meaningful Accomplishment 87
6. The Catalyst Factor: The Power of Project Support 101
7. The Nourishment Factor: The Power of Interpersonal Support 129
8. At the End of the Day 157
9. Tending Your Own Inner Work Life 183

Appendix: About the Research 193
Notes 223
Index 247
Acknowledgments 255
About the Authors 259