finding Joy in your journey
chief _____ officer
chief worry officer
chief worry officer
“The best way to predict the future is to create it.”

- Peter Drucker
“Lighthouses don’t go running all over an island looking for boats to save; they just stand there shining.”

— Anne Lamott
a joyful memory?
a painful conflict?
paths to joy

Pay attention to what has your attention.
Amy Leneker. Overall, were the speakers informative, prepared and understandable?

Answered: 97  Skipped: 10

What?!?
### Report Card – Myles Leneker

<table>
<thead>
<tr>
<th>Subject</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Language Arts</td>
<td>A</td>
</tr>
<tr>
<td>Math</td>
<td>A</td>
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<tr>
<td>Social Studies</td>
<td>A-</td>
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<td>P.E.</td>
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<td>Science</td>
<td>C</td>
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<tr>
<td>Leadership</td>
<td>A-</td>
</tr>
</tbody>
</table>
Negativity bias
What do you focus on?
What does your heart say is most important to you?
values
Our values are often connected to our most joyful memories and most difficult conflict.
Choose 5

Choose 3
1. Gather in groups of 4 or 5.
2. Share your **values**.
3. Discuss connections to your joyful moment and painful conflict.
How are you expressing your values everyday?
paths to joy

Find freedom in the pause.
crucial moments

Joy-stealing moments

"oh $#%@" moments
1. When did you respond without a pause?
2. What happened? How could a pause help?
What about when joy seems impossible?
paths to joy

Sometimes surviving is enough.
Think of a time when joy seemed impossible.
example from my life
It wasn’t meant to be

Everything happens for a reason

Focus on being happy

You’ll be OK

You’re going to be fine

Time heals everything

Count your blessings

You need to be strong

You’re strong – you’ll get through this

I’ve been through worse

No one said life was easy

You have to move on

Be grateful for what you do have
“What matters is knowing what really matters.”

Paul Trause, Employment Security Department, 2008
Accepting help is BRAVE. Asking for help is even BRAVER.

Sometimes surviving is enough.
“Lighthouses don’t go running all over an island looking for boats to save; they just stand there shining.”

— Anne Lamott
my 3 paths to joy

1. Pay attention to what has my attention.
2. Find freedom in the pause.
3. Sometimes surviving is enough.

What’s your path?
Commitment?