

DECEMBER 2022

JOY: Finding a way to be happy, even when things don't go your way

## LIVING IT OUT:

What does joy look like in the course of a day? It looks like:

- Maintaining your cool and even managing a smile when you get overruled by Central Office
- Working around yet another cut in school funding in a creative, efficient way
- Being transparent about a setback and transparent about how you are handling it with grace
- Finding a way to be happy in spite of circumstances beyond your control

Joy sounds like:

- "I'm disappointed but I'm sure we can try... "
- "I know this decision isn't what we hoped for but how can we work together for the best outcome given the circumstances?"
- "I appreciate the way you have handled this difficult situation and have moved on with a positive outlook. Your example is encouraging to me."

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## VALUABLE LEADERSHIP:

Consider beginning a staff meeting with one or two of the following questions posed to the group as a whole, to small groups, or as individual reflection questions:

- What does joy mean to you?
- Can you share a school related event that has given you a sense of joy?
- Is there something that is “stealing your joy” here at school? How can we help?
- Who do you know that has found a way to be happy even though things have not gone his/her way? What have you learned from that person?