



character

a 52-week series about amplifying your
management & leadership skillset

create

Joy

Overview

If there was one thing I would share about management & leadership...

It would be about the importance of **joy**. Leadership has it's moments of challenge and hardship. Moments wrapped around people issues and conflict, missing targets, the hours and scheduling, as well as the speed of change. Can we miss the joy in our day, with our team? The beauty surrounding us? We choose to have joy, or not.

"We are shaped by our thoughts; We become what we think."

Buddha

For the week...

- **Reflect:** Make a list of the top ten things you are grateful for in your life. Then make the same list regarding your team and job. Nothing is off limits.
- **Act:** NOW, TAKE THAT LIST and make an outward expression to demonstrate your joy. Smile, share a thank you, let someone know they matter or their impact in your life...give, lift, connect, empathize, trust, laugh and love.
- And if this involves some change, start with a strength. Something you are good at.

Let's be real, **the only obstacle you have in feeling and demonstrating joy is you.** Unpack that realization. Do you stop short because you feel that you are just a "smiley" person? Or the fear that forcing joy is worse than not showing it all? Pause. Is there joy in your leadership? Can you see the joy of that leadership in the people around you? Maybe those two question are the ones that matter today. Cheers.



To learn more about this series, contact Kurt Reinhart.
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