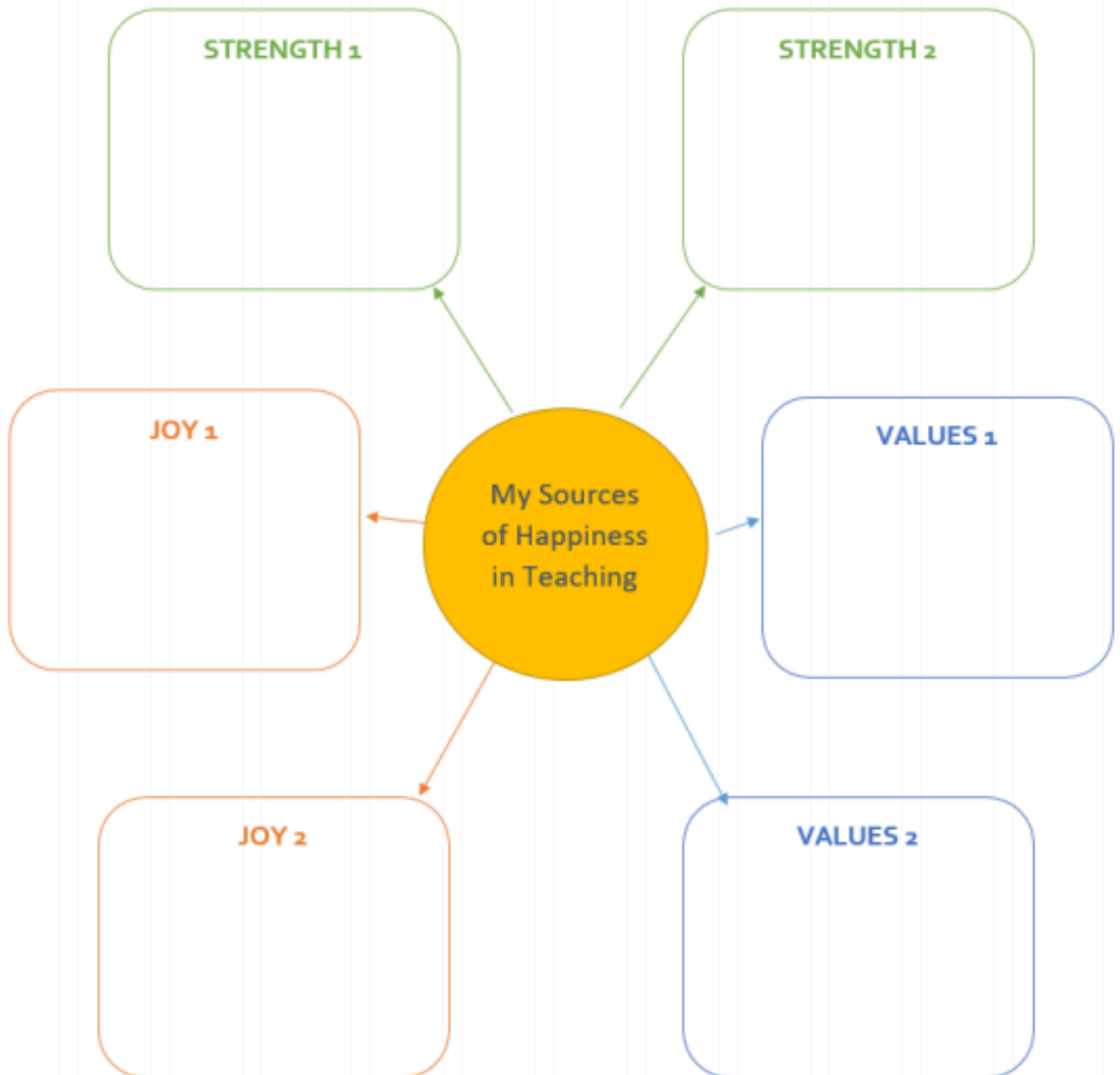


Finding the Energy in Joy

Thinking about our strengths, moments of joy, and moments of satisfaction at work help us direct our energy toward the positive – and that helps refuel and strengthen us. Spend some time reflecting on your work. What parts of your job would you say you're good at? List two things for which you've got an aptitude in the Strengths sections. What parts of your job simply make you happy, you like doing them? Write two of those in the Joy sections. What parts of your job seem to satisfy something deeper within you, such as your values or beliefs? List those in the Values sections. When your organizer is full, use the questions that follow for further reflection.



Reflection Questions

Think of the last time you did one of the actions or tasks you listed in the organizer above. Describe what you did.

How did this make you feel?

When in the next week can you create an opportunity for something from your organizer to happen? It may require tweaking your plans – see if you can find a way to fit in at least one joy-sparking task!

Print this and hang it up where you do your planning. Make a point of incorporating some of the actions you listed in the organizer into your work as much as you can.