



Amy Leneker

finding **Joy** in your journey

www.AmyLeneker.com

360-701-9022

chief _____ officer

chief **worry** officer

chief ~~worry~~ officer

Chief
joy
officers



“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?

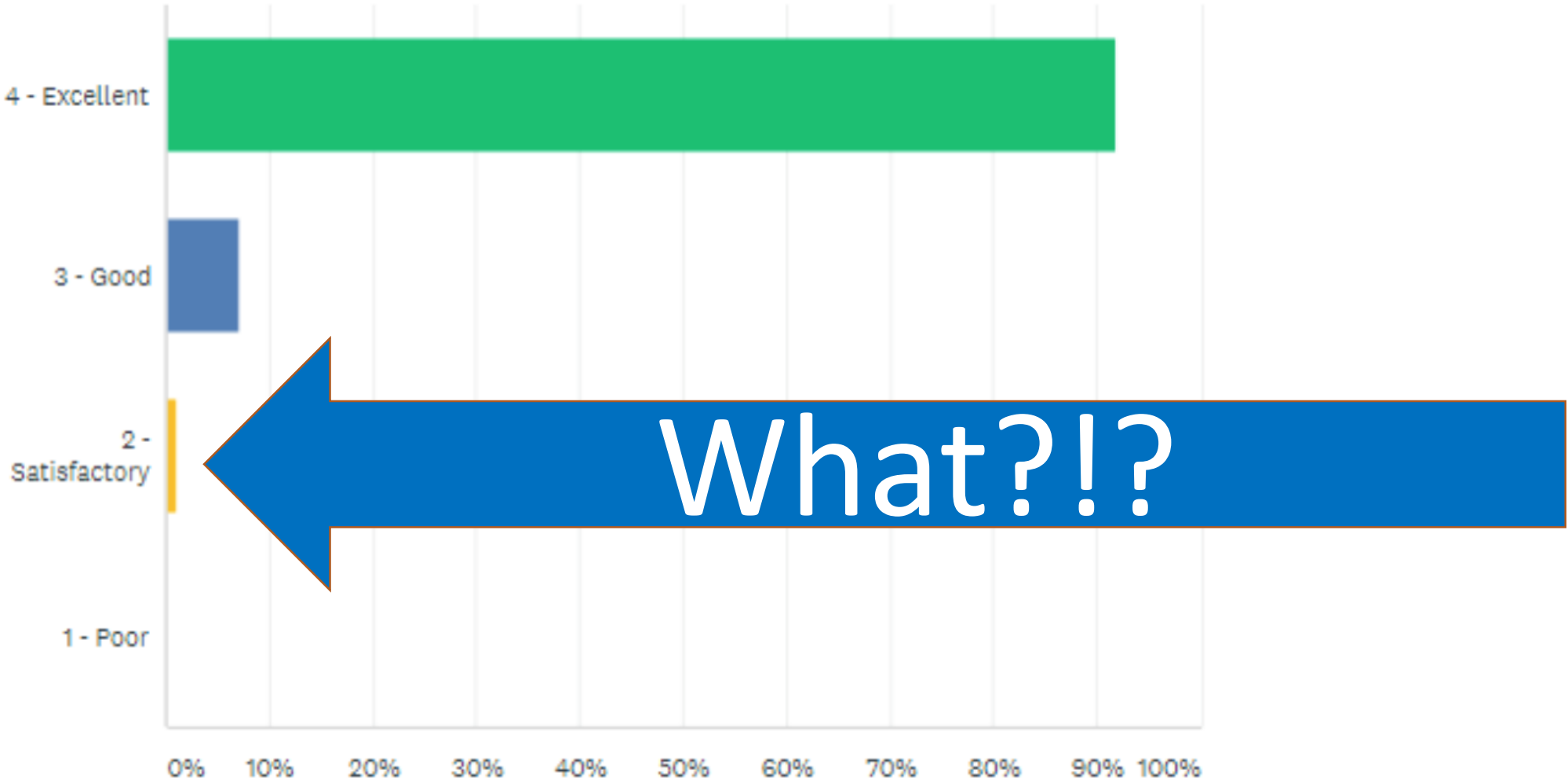
a painful conflict?

paths to joy

Pay attention to what has your attention.

Amy Leneker. Overall, were the speakers informative, prepared and understandable?

Answered: 97 Skipped: 10



Report Card – Myles Leneker

Language Arts	A
Math	A
Social Studies	A-
P.E.	B
Science	C
Leadership	A-



What?!?

Negativity bias

What do you focus on?





What does your
heart say is most
important to you?

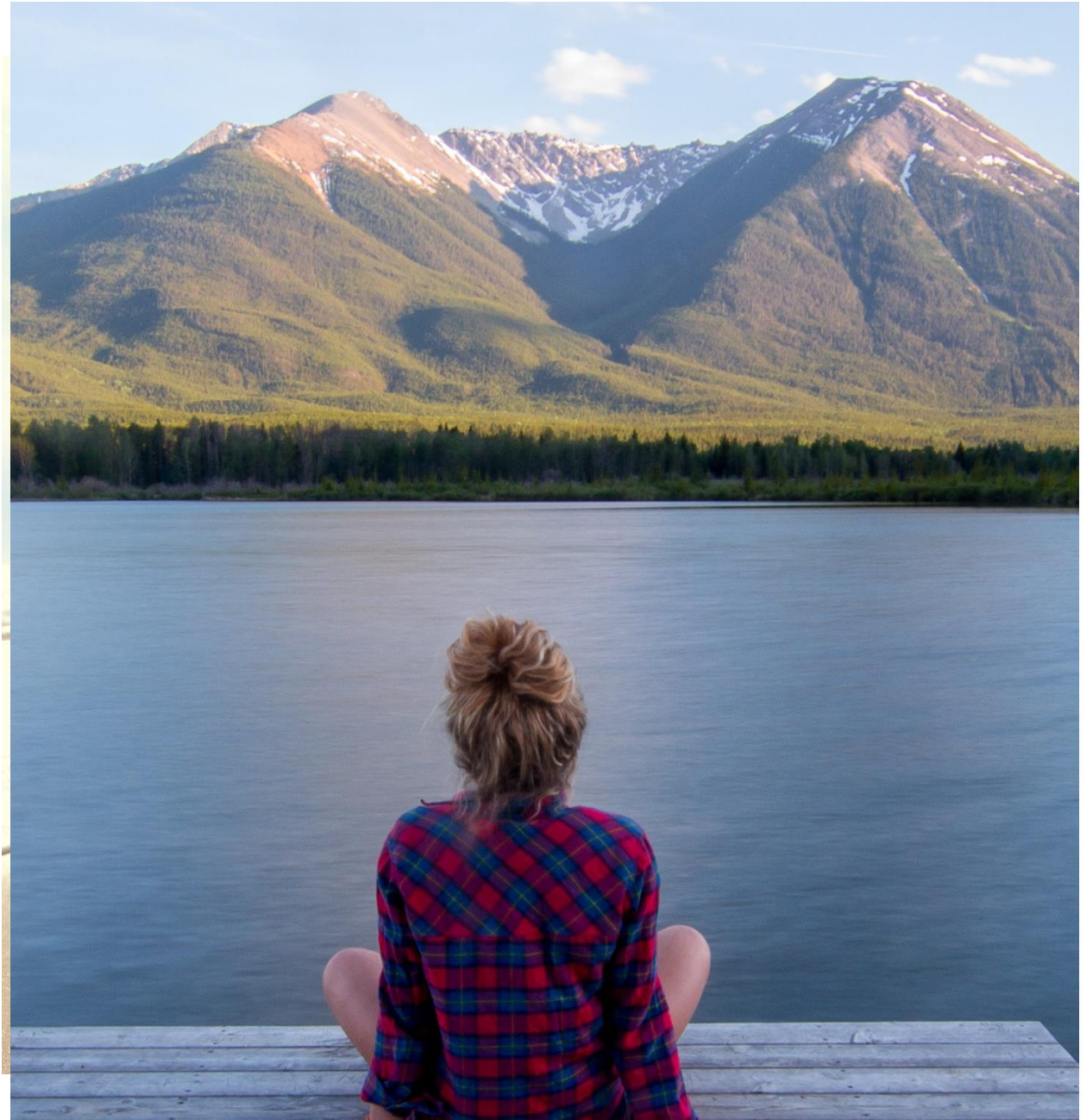
values



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

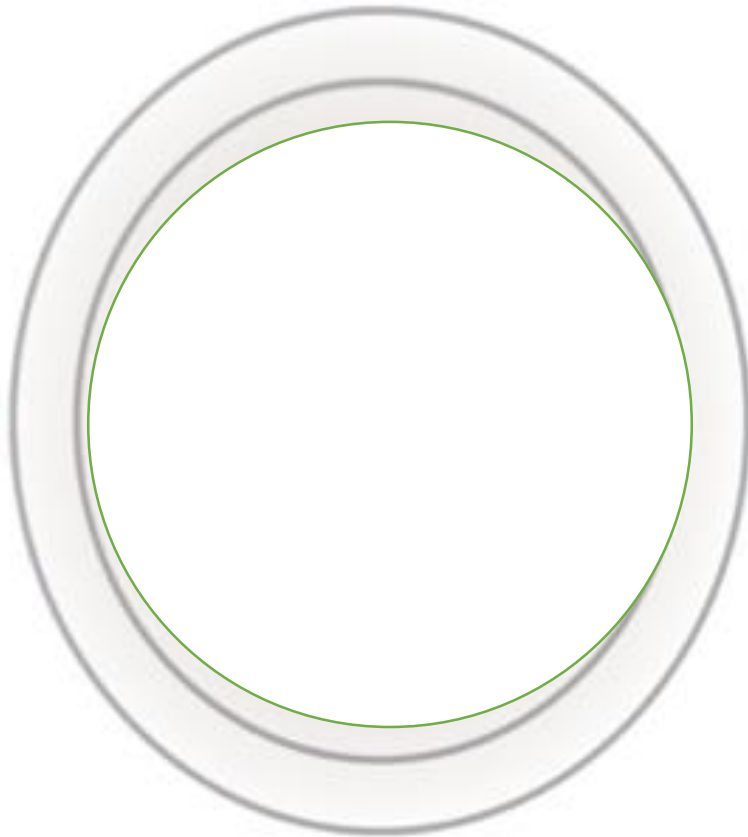
Find freedom in the pause.

The background of the entire image is a dramatic, stormy sky with dark, swirling clouds in shades of teal and dark green. The lighting is moody, with some highlights on the cloud edges.

crucial moments

Joy-stealing moments

“oh \$#%@” moments

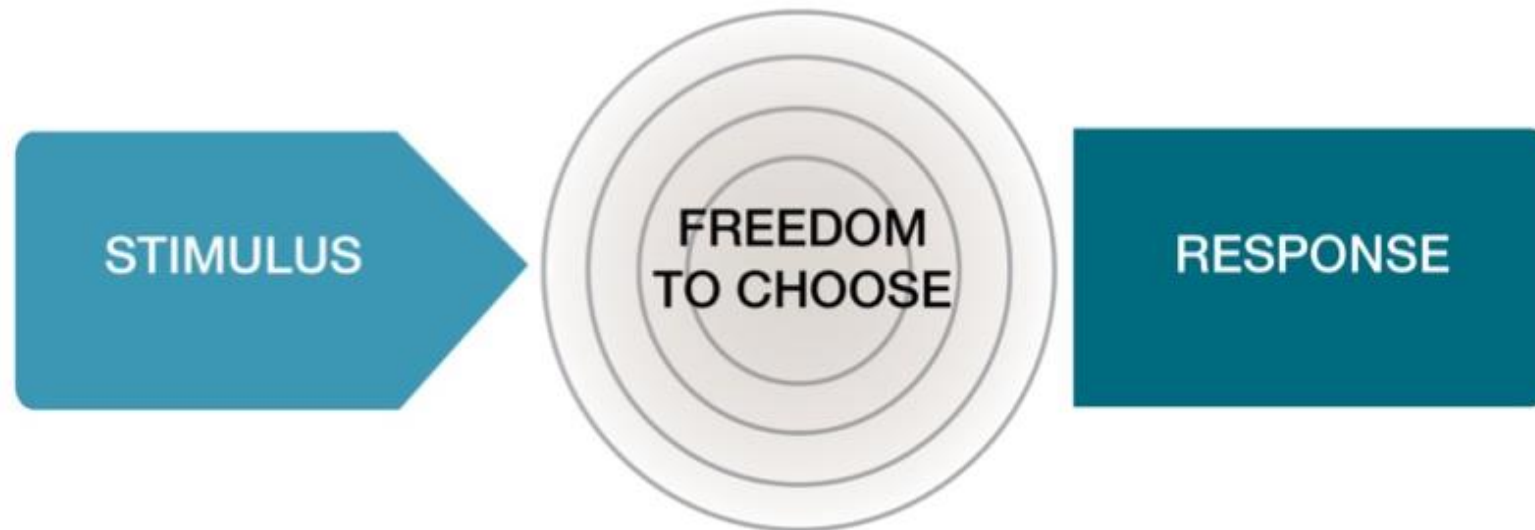


STIMULUS



RESPONSE

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 Time heals everything

Everything happens for a reason Count your blessings

Focus on being happy You need to be strong

You'll be OK You're strong – you'll get through this

You're going to be fine 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?





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