

5 Ideas for Crafting a Joyful Work Environment

1



Shift your mindset.

Reframing a situation as something you “get” to do versus something you “have” to do can generate gratitude in your work.

2



Take time to feel.

In the face of stress, taking a moment to pause and acknowledge your emotions (including joy!) can help you resolve challenges and celebrate wins.

3



Think of joy as a place, not a transaction.

Viewing joyfulness as a state of mind to inhabit helps you seek out personal joy in the present moment, rather than delaying happiness for later.

4



Celebrate the joy in others.

Talking about joy can help education leaders connect more deeply to their communities and put difficult challenges in perspective.



Find a joy partner.

A trusted partner can help you identify where professional joy resides and maintain a positive mindset.

5

Tracey Deagle and Jen Schwanke, “Can We Still Find Joy in Teaching?”