



# The Joy of Leadership

[www.happinessstudies.academy](http://www.happinessstudies.academy)

# 1. FOCUSING ON RELATIONSHIPS

- #1 predictor of happiness
- **Real rather than virtual**
- The case of loneliness
- **The case of empathy**
- Giving

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## 2. FINDING PURPOSE

Work as a  
**JOB**

Work as a  
**CAREER**

Work as a  
**CALLING**

“Even in the most restricted and routine jobs, employees can exert some influence on what is the essence of their work.”



**Wrzesniewsky & Dutton**



DOMINE JESU RENUE ET REDEMPTOR  
PER SANCTINEM TUUM SALVA NOS



### 3. EXPRESSING GRATITUDE

- Daily/weekly journaling
- **Writing a letter**
- Positive future

**When you appreciate the good,  
the good appreciates.**

"On Monday,  
don't tell me how  
great it was;  
tell me what you're  
doing differently."

