

joyfulness

maintaining a good attitude, even when faced with unpleasant conditions

look on the bright side

joyfulness: n 1: the state of being joyful; gladness 2: a very glad feeling; great pleasure; delight 3: an expression of joy, such as looks, actions, speech.

Life must have a purpose bigger than "pleasure-hopping." In order to be fulfilled in life, each of us needs a sense of "building" - that inner sense that "my life is developing, doing, and accomplishing something." Without this, even the pleasures of life do not bring true joy.

Joyfulness is a character quality. It is different from happiness, which is an emotion. Joyfulness is the quality of one who is not living for personal pleasure, but who has a purpose.

When such a person experiences difficulty, the sadness is real, but it does not dim the hope that enlivens the heart.

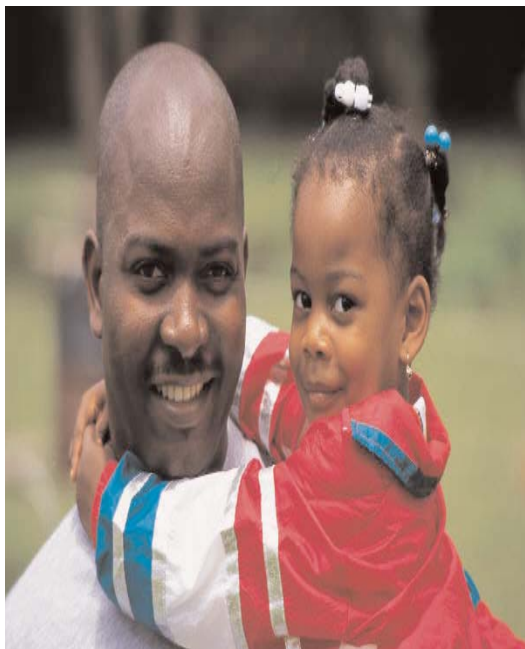
Joyfulness governs situational happiness. Joy is not affected by circumstances. Joy is affected only by the quality of goals and whether those goals are big enough to eclipse the trials endured in their pursuit.

Joyfulness is not ignoring the pain and sadness of life. Sensitivity to real pain and difficulty is part of good character. Yet joyfulness masters unruly emotions in order to maintain a good attitude - even in the midst of unpleasant circumstances.

"Two men look out through the same bars; One sees the mud, and one sees the stars."

- Frederick Langbridge

contagious attitudes



Attitudes are just as contagious as disease. Illness spreads when infectious bacteria or viruses spread to others. Attitudes can be spread by words written or spoken, by facial expressions, by the effort with which one works, by gestures, or by any of myriad other ways.

A joyful spirit communicates respect to others. When a person is joyful, she thereby makes it known that she appreciates and values those around her.

joyfulness vs. self-pity

Joyfulness is

- looking for good in every situation
- hoping for the best
- encouraging others
- smiling and laughing
- keeping my mind on others instead of myself

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From the Executive Director:

The Kansas Department of Education has recently received a Partnerships in Character Education Grant from the U.S. Department of Education. The State will be choosing schools to be a part of a study on the effect of Character Education on students. Training will be provided in two different programs selected by the State - Smart and Good High Schools, a program of study by Tom Likona and Matthew Davidson and the Eleven Principles of Character Education, developed by Character Education Partnership.

These trainings will provide knowledge about how to develop effective character education programs by the schools who participate. As with most grants, there is an evaluation component required to evaluate the effectiveness of the pro

grams and training provided through the grant.

Topeka City of Character has been partnering with the State to assist them with their efforts to provide resources to Kansas schools on character education.

This grant is just one way in which the Kansas Department of Education is promoting character education in schools. They also have a recognition program for schools that have quality character education programs in place and a website that features various resources to promote safe schools.

Topeka City of Character, Executive Director,

Cindy Patton

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Word of the month posters may
be downloaded and copied
from the website

Good character is the key to success!