



### **Here's to a GREAT 2020!**

By: Sheryl Loesch, Clerk of Court

In this busy time of year, I thought about the myriad of items we each have on our "To Do" lists. This includes the responsibilities and various projects we have going on in our personal lives and all that we have going on in our work world. It's tough not to let the stress of the season overwhelm our thoughts and actions.

Yes, this is a time of year to be thankful for what we have, especially when we look around and realize there are many people with great need. However, even though we know we each are fortunate in our own situation, we often feel as if we are being dealt a bad hand. None of us know what others have going on in their private lives or the personal strife they are facing. I remember when I attended a court unit executive leadership workshop conducted by Dr. Dale Lefever, where he told a story of a businessman riding home from work on a public bus. The bus was relatively quiet when the businessman got on the bus and remained that way as the bus made its way on its route and stopped at various points to pick up other people. When the bus stopped at a designated stop near a hospital, a man with three young kids boarded the bus. The man looked disheveled and distracted and was not paying attention to his kids. The kids were loud, rambunctious, and undisciplined. The businessman observed this unruly "scene" and thought to himself how inadequate the father was in not keeping his three kids under control, especially since the kids were making the bus ride rather miserable for the other passengers on board. The bus proceeded along its route and made other stops. The kids remained active and out of control. At one stop, an elderly woman boarded the bus. The woman observed the father and then the kids. She sat near the father and out of concern, politely asked him, "Sir, are you doing okay?" The father looked up at this elderly, caring woman and told her he and his kids had just left the hospital where his wife (and the mother of the three kids) had just passed away. He told the elderly woman he had no idea how to tell his three kids that their mother had just died.

We do not always know what other people are facing in their lives and are quick to make assumptions that are not correct. This caused me to think about a book that was popular several years ago that nearly everyone has read called *Fish*. As most of you know, the *Fish* book talks about the employees at a fish market located at Pike's Market in Seattle. Working with dead fish is not the most attractive job; however, the employees interviewed for the book were delightful and engaging and genuinely loved and enjoyed their job. The workers all seemed to embrace common approaches to work. First, the workers approach each day by choosing their attitude. The point is that a person can choose to go to work either happy or miserable. If a person looks for the worst in everything, they will find it everywhere. If you learn you have the power to choose your response to what life brings you, you can look for the best and find opportunities you never imagined possible. The second approach pointed out by the workers at the fish market was that of play. They stressed that work made fun is work that gets done. Play is not just an activity; it's a state of mind that brings new energy to the tasks at hand and sparks creative solutions. The third approach mentioned in the book was "Make Their Day." When you "make someone's day" (or moment) through a small kindness or unforgettable engagement, you can turn even routine encounters into special memories. The fourth (and last) approach mentioned in the book was being present. This was what the elderly lady practiced when she boarded the bus and noticed the distraught father and his kids. The practice of being there is also a great way to practice wholeheartedness and fight burnout. The art of being there is considered the glue in our humanity as being fully present for one another.

With the challenges we all face in the upcoming year, I hope we can each be present for each other, make each other's day, enjoy what our work world has to offer, and choose to look for the best in each and every day. I wish each of you a safe, healthy, and happy 2020!