

WORKSHEET: FIND FULFILLMENT IN FREUDENFREUDE

Freudenfreude occurs when you find fulfillment in watching someone else succeed. This is exactly what great leaders do. Use this tool to identify a time in the past when you've experienced Freudenfreude. Then, identify an opportunity to do it again in the present.

PAST

Describe a time when you taught someone a skill, challenged a person to get better, or provided a team member a chance to succeed, and they exceeded your expectations.

Describe how their success made you feel.

CURRENT

What can you do in your current situation to create a similar feeling for yourself and a team member?

What's holding you back from making it happen?