

**2026 ANNUAL
CONFERENCE**
WISCONSIN COUNTIES ASSOCIATION

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Alive In Your Purpose

9:15 – 10:15 am

Alive in Your Purpose!

Sheriff Matt Joski
Kewaunee County



A Purpose Driven Life through

Resiliency

What is it?

Why does it
matter?

How do you
get it?

What do
you do with
it?

Dead Poets Society (1989) - What will your verse be? - YouTube

A Life of Purpose

DEFINED:

An intentional existence guided by a central, meaningful aim that contributes to something beyond one's self.

Resilience in Life

DEFINED:

The ability to withstand, recover and/or grow in the face of stressors and changing demands.

Why Resilience Matters

1.

Performance

- Better able to generate ideas in response to problem
- Better decision-making

2.

Health

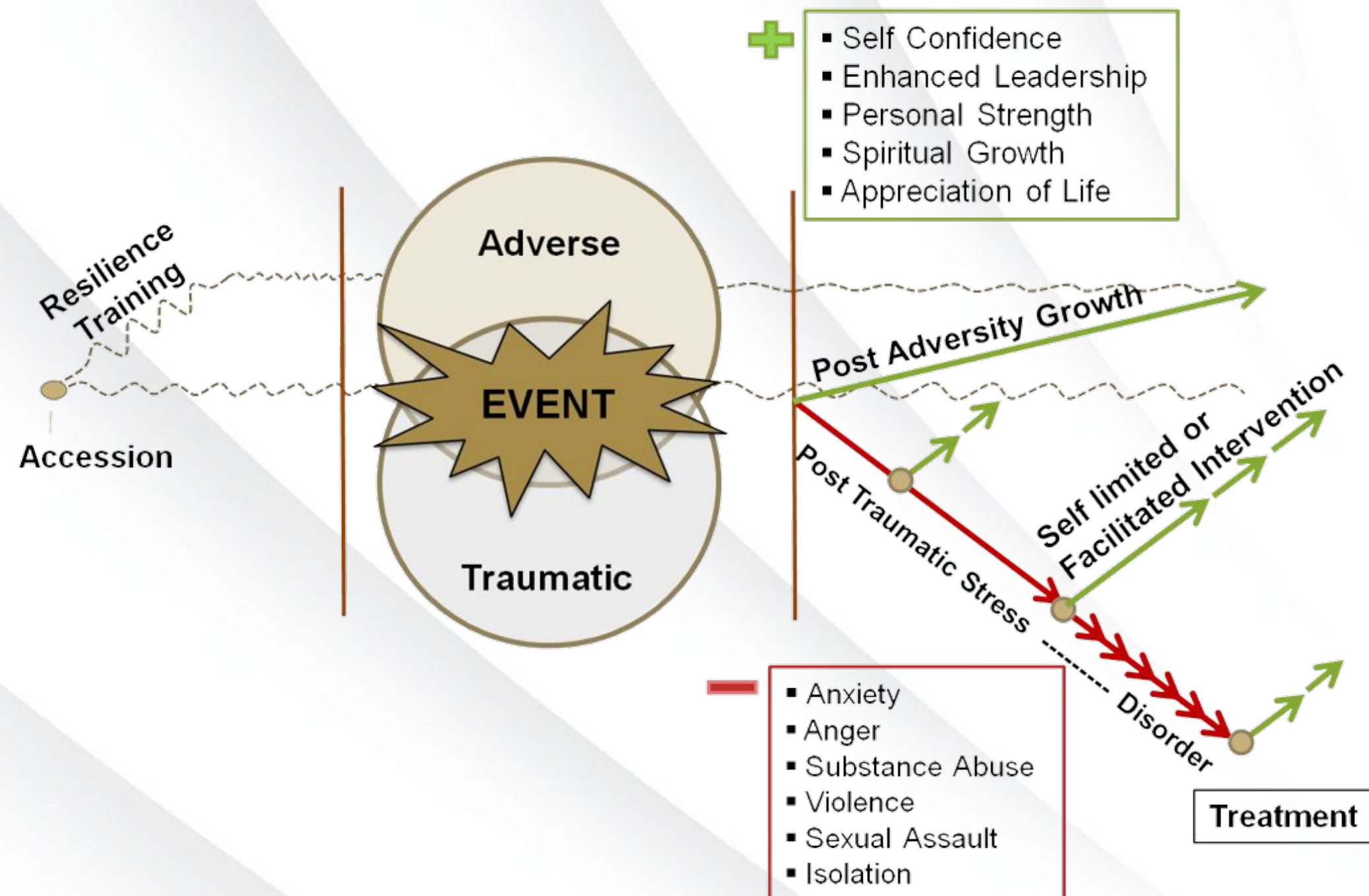
- Lower blood pressure
- Better sleep
- Better immune functioning

3.

Teamwork & Leadership

- More valued by team members
- Better able to achieve consensus during negotiations

Post Traumatic Growth



Fixed or Growth Mindset

FIXED MINDSET —vs- GROWTH MINDSET

Intelligence/ Talent- Static —vs- Can Be Developed

Ignores Feedback —vs- Learns from Feedback

Avoids Challenges —vs- Embraces Challenges

Sees Effort As Useless —vs- Sees Effort As A Path To Success



Mental

Awareness
Adaptability
Decision Making
Positive Thinking



Physical

Endurance
Nutrition
Recovery
Strength



Social

Communication
Connectedness
Social Support
Teamwork



Spiritual

Core Values
Perseverance
Perspective
Tolerance



Broaden & Build Theory

Negative Emotions

Positive Emotions

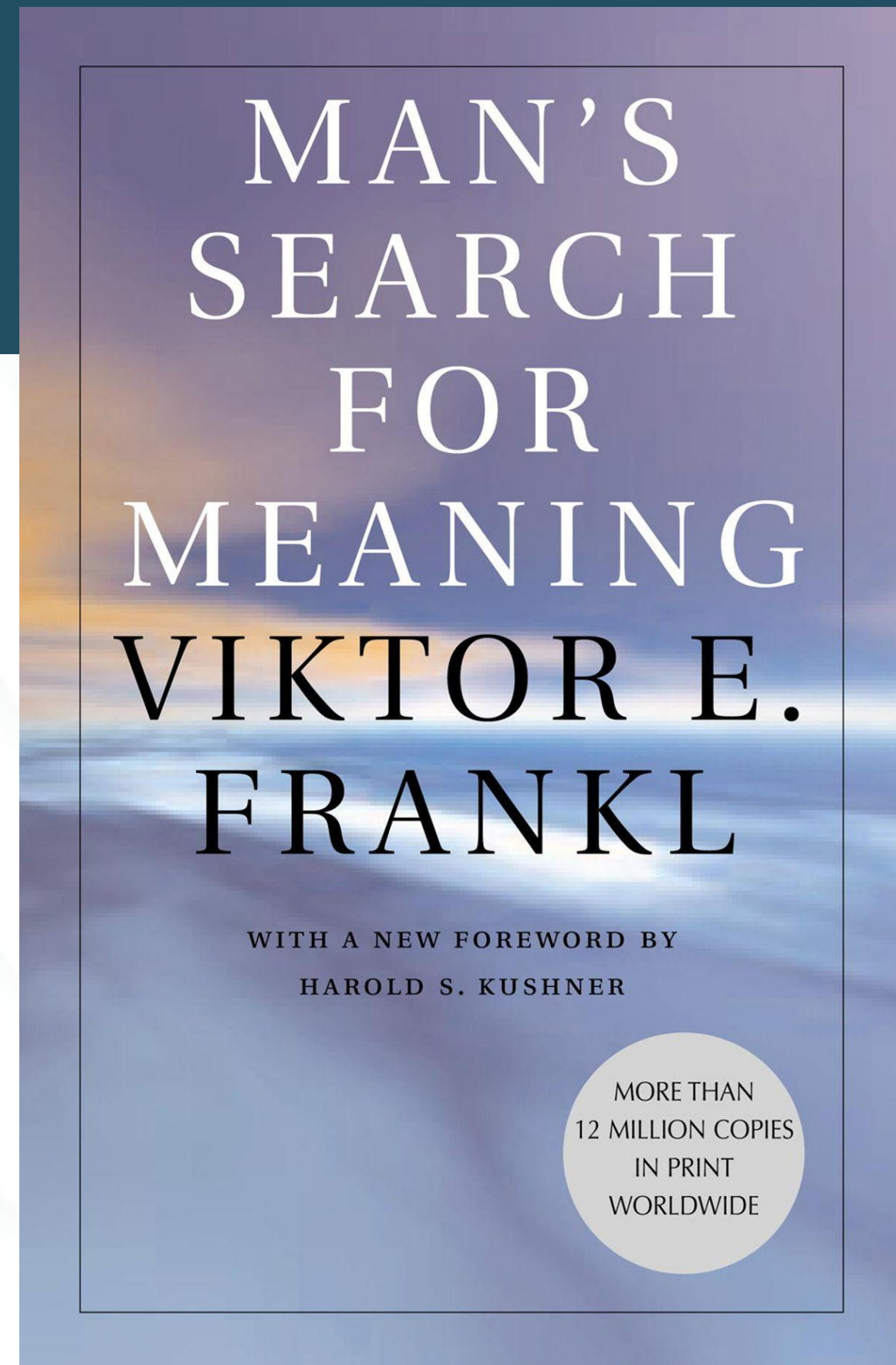
“Tragic Optimism”

Optimism in the face of the Tragic Triad

- Pain
- Guilt
- Death

“Man’s search for Meaning”

Author: Victor E. Frankl



Gratitude

DEFINED:

A sense of wonder, thankfulness,
and appreciation for life

Optimism

Realistic

DEFINED:

A mental attitude characterized by
hope and confidence in success
and a positive future

Count Your Blessings

Hunt the Good Stuff





How to Count Your Blessings

Identify 3 things in the past 24hrs that went well

- Events that happened
- Something you are good at
- Goals you have achieved
- Individuals who care for you

Why did it go well? How did you or others in your life contribute to the good thing that happened?

Keep a written journal during training.

Other Ways to Cultivate Gratitude

Share Your Gratitude

- With the person who contributed to the event
- With others (e.g, with family members around the dinner table)
- Make it part of a meeting ritual

Have to -vs- Get To



How do we know we are living a life of purpose?

1.

Joy

- You enjoy what you are doing

2.

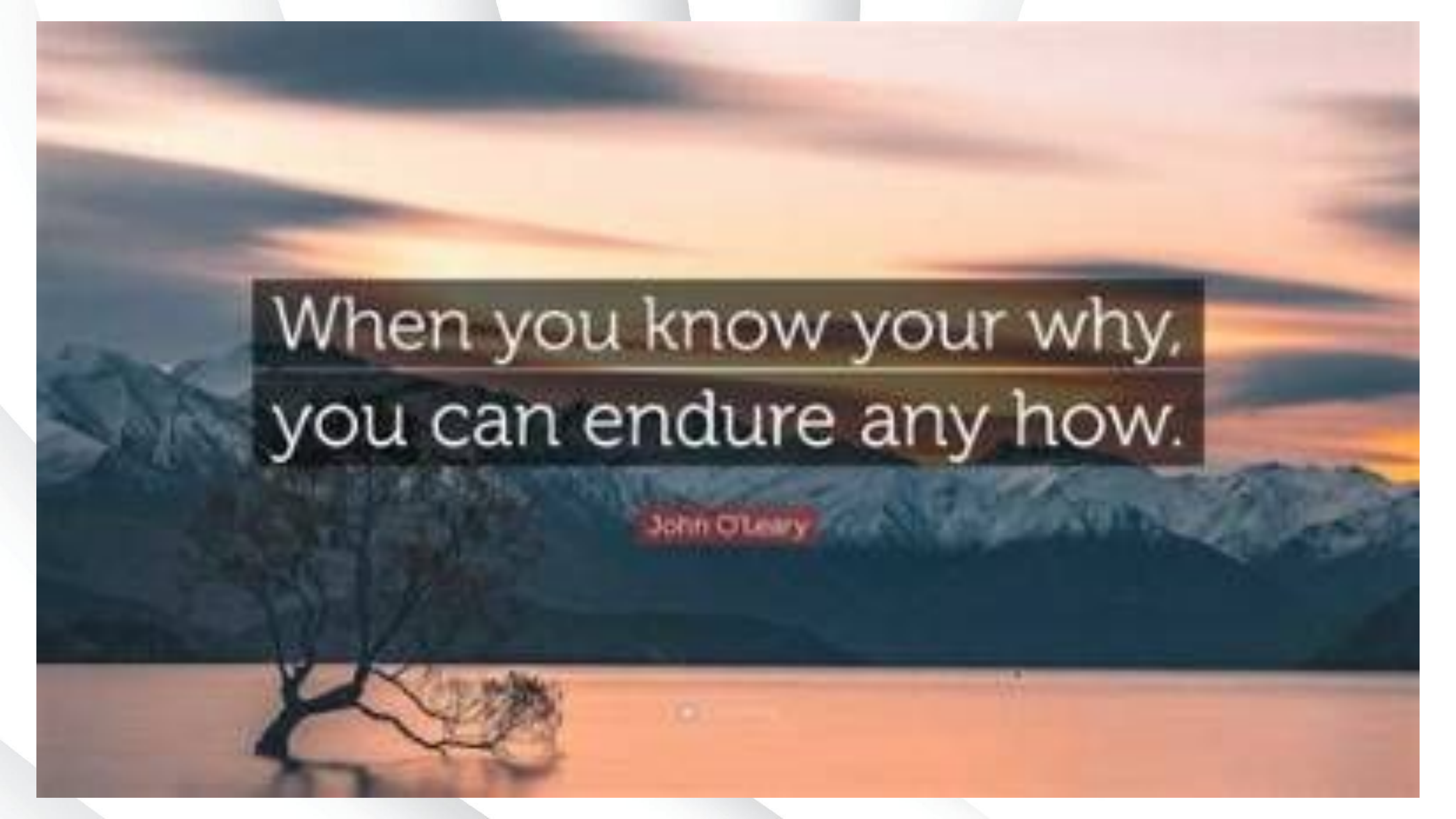
Natural

- What you are doing is effortless

3.

Impact

- What you do brings positive impact in other's lives

A scenic landscape featuring a calm lake in the foreground, a lone tree on the left, and a range of mountains in the background under a dramatic, colorful sunset sky. The text is overlaid on the upper portion of the image.

When you know your why,
you can endure any how.

John O'Leary



Be The Bison!

Choose to Thrive!

“Failure is not Fatal; Success is not
Final”

-Wisnton Churchill-

Thank you!