



© 2020 Growing Leaders. All Rights Reserved.



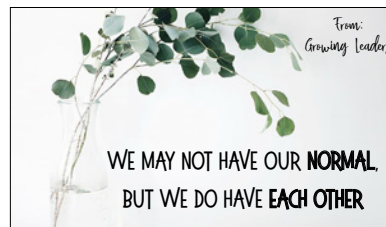
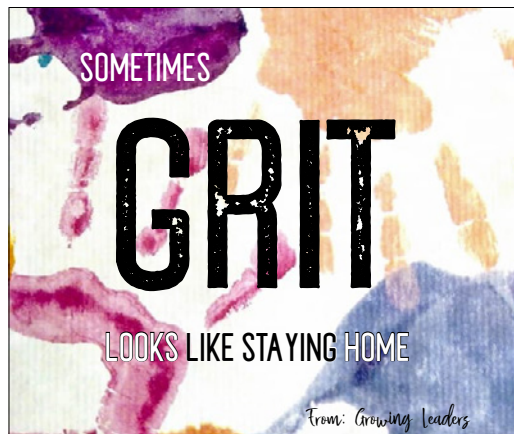
FOUNTAINS or DRAINS

[POSITIVE ATTITUDES]

Fountains and Drains have two opposite functions: fountains overflow with water while drains remove the water completely. In relationships with others, most people are usually a fountain or a drain — they either flow and overflow onto others, or they just drain people of their energy. My guess is that you’ve probably met both kinds of people. They either refresh the life in others or they dry it up. Driven by a positive attitude, great leaders focus on empowering people rather than exploiting them.

FAMILY ACTIVITY

Get together as a family, and make a plan to write or record encouraging messages to friends and family. Challenge your kids to think especially about people they know who are more lonely during this time. (e.g. grandparents, friends or family members who live alone, etc). You could even challenge kids to create encouraging artwork they could mail or take a picture of and send.



Click [here](#) for additional ideas for creative ways to stay busy

DISCUSSION QUESTIONS

1. What are some characteristics of someone who is “draining” during a time like this?
2. What are some characteristics of people who have positive “fountain” attitudes during this time?
3. What are steps you can take to make sure you are more of a “fountain” than a “drain?”



HAVING PERSPECTIVE

At some point in life, we are all met with disappointment. Things just don’t always go the way that we planned. Sadly, just like COVID-19, these kinds of situations in life are not in our control. What is in our control, however, is how we react to frustrating or disappointing situations. Very few understand this as much as seniors in high school and college during the Spring of 2020. Tens of thousands of soon-to-be-graduating students found out in the blink of an eye that the moment they had been waiting years for was no longer going to happen. No proms, no senior trips, no ceremonies, no championship games, and no caps and gowns. That is very bad news. What’s amazing to us though is how some people were able to still maintain a positive attitude in the midst of a hard situation.

Just a few weeks ago, as hundreds of seniors were flying home from college without their diplomas, one airline took it upon themselves to [throw a graduation ceremony](#) right there on the airplane. The ceremony came complete with calling out names, walking up the aisle, and even a home-made rendition of “Pomp and Circumstance!” This action by the flight attendants didn’t give the seniors back what they were missing, instead it taught them a more important life lesson: that they don’t have to be a victim of their circumstances. They get to choose what to make of the hand they are dealt. You have that power too. So, will you be a fountain or a drain with the situation you’ve been given?

Want more? Read [this open letter](#) to graduating seniors written by a teacher who lost his senior year in 2005 because of Hurricane Katrina.



Making The Most

Take a photo or video of you or your family making the most of your quarantine and hashtag it **#quarantinelife** and **#HabitudesHomeChats** for a chance to be featured on the **Growing Leaders Instagram** [@growingleaders](#)