

EMBODY JOY TO HELP CULTIVATE IT FOR CHANGE

Bringing joy to the process of change can make it more enjoyable for yourself and others. But what exactly does joy mean to you? Take a few minutes to close your eyes, breath deeply and reflect on the joy in your life. Think about what has brought you joy at different stages of life, with others and by yourself.

1. Does gratitude for specific things in your life help you feel joy?

2. Can you physically feel joy in your body when you recall a joyful memory? If so, where in your body do you feel it?

3. What do your most joyful memories have in common?

4. How can you actively cultivate more joy in your life based on your reflections?

5. In what ways can you bring that sense of joy to pursuing your goals?
