

The Joy Quiz

Are you joyful? Why or why not? Circle your answer and total your points to find your Joy aptitude.

1. Joy is a choice.
 - a. True
 - b. False
2. This checks on your levels of grief and sadness: I don't feel joyful because
 - a. I have too much grief from the loss of a loved one—a person or an animal.
 - b. It's not appropriate to feel joy after the loss of a loved one.
 - c. There is too much pain in the world.
 - d. None of the above. I feel Joyful most of the time.
3. This checks on how spiritual you feel: I don't feel joyful because
 - a. Gods wants us to suffer and be miserable.
 - b. Suffering is heroic.
 - c. I'm more caring if I feel the sadness and empathize with others.
 - d. None of the above. My ascended body is Joy.
4. This checks on your feelings of self-worth and self-love: I don't feel joyful because
 - a. I don't deserve to feel joy. I am unworthy.
 - b. Joy is for others, not for me.
 - c. I am totally worthy of Joy!
5. This checks on your comfort level: I don't feel joyful because
 - a. My joy angers others.
 - b. My joy is too much.
 - c. I just want to fit in.
 - d. I'd rather be joyful than fit in.
6. What is the most common reason for not feeling Joy?
 - a. Not choosing it.
 - b. God doesn't want us to feel Joy.
 - c. Loss of a loved one.

- d. Being unworthy of Joy.
 - e. I won't fit in
 - f. There is no reason to not feel Joy.
7. What if all you had to do to feel Joy was to choose it.
- a. I don't know how to choose it.
 - b. If that were true, then everyone would do it.
 - c. I already do choose it and I am it.
8. What blocks do I have to Joy?
- a. Sadness.
 - b. Discomfort.
 - c. Low self-worth and low self-love.
 - d. Spiritual programming.
 - e. Choice.
 - f. No blocks. My Joy is unlimited.

To find your Joy aptitude, add up your points. Start with 120 points. Subtract 5 points for each block you currently have to Joy.

0-10 Woe is me. You are an Eeyore. Not Joyful.

11-35 Beginning to find Joy.

36-70 A Trouper. Joy some of the time.

71-100 Yay! You have Joy most of the time.

101-120 A Master of Joy. You could write the book.