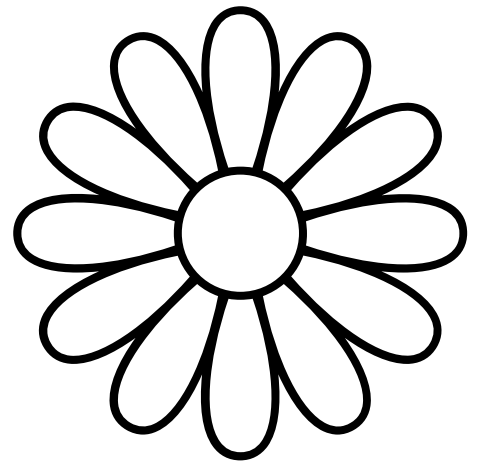
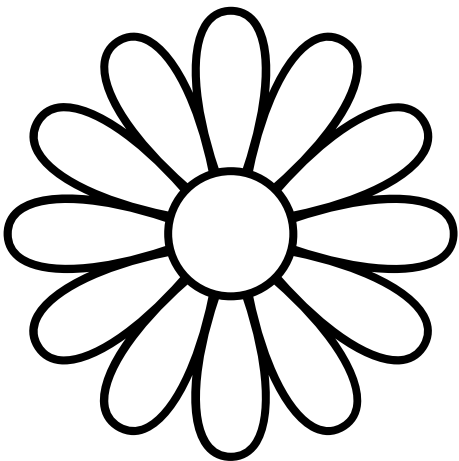


Finding



JOY

WORKBOOK

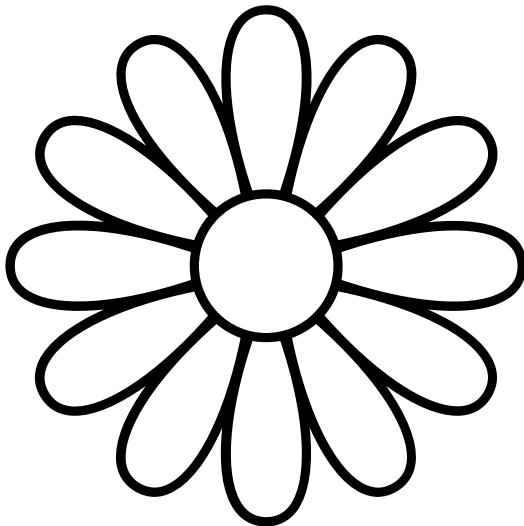


WELCOME

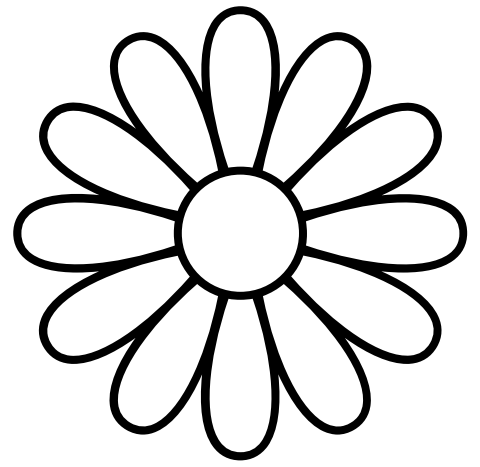
Joy is a deep, enduring sense of happiness that arises from within. It is more than just a fleeting emotion; joy is a state of being that can be cultivated and sustained through intentional practices and mindsets. This workbook is designed to guide you on a journey of discovering and embracing joy in your everyday life.

THE CONCEPT OF JOY

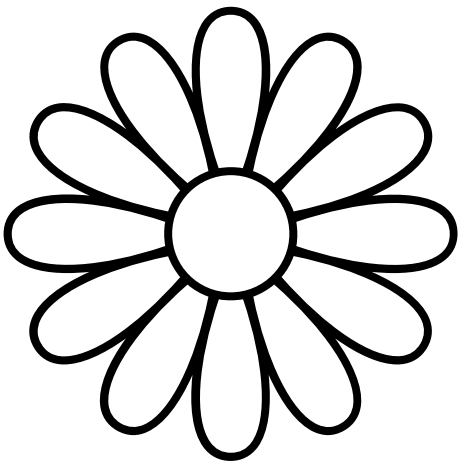
Joy is often confused with happiness, but they are distinct. Happiness is typically tied to external circumstances and can be temporary, whereas joy is an internal state that can be maintained regardless of external factors. Joy comes from living in alignment with your values, engaging in meaningful activities, and nurturing positive relationships.



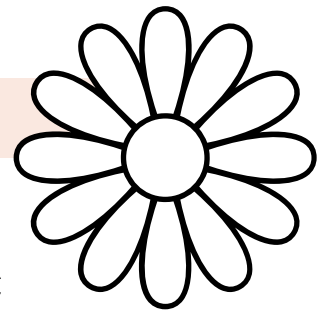
JOY



**IDENTIFY
YOUR JOY**



JOYFUL ACTIVITIES

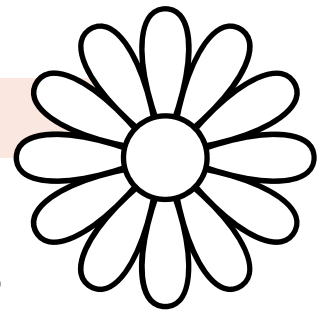


The purpose of this exercise is to identify specific activities that bring you joy and understand why they are meaningful to you.

Think about the activities that make you feel happiest and most fulfilled. Write them down and reflect on why they bring you joy.

| ACTIVITY | WHY IT BRINGS JOY | FEELINGS EXPERIENCED |
|----------|-------------------|----------------------|
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JOYFUL PEOPLE

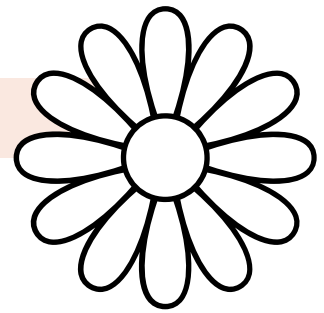


The purpose of this exercise is to identify the people who bring you joy and understand the qualities that make these relationships special.

Think about the people in your life who make you feel joyful and uplifted. Write down their names and reflect on what makes your relationship with them joyful.

| PERSON | JOYFUL QUALITIES | FEELINGS EXPERIENCED |
|--------|------------------|----------------------|
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JOYFUL ENVIRONMENTS

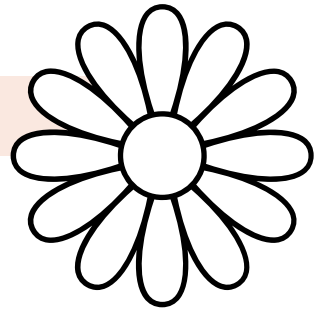


The purpose of this exercise is to identify the environments that bring you joy and understand the elements that contribute to your positive experiences in these settings.

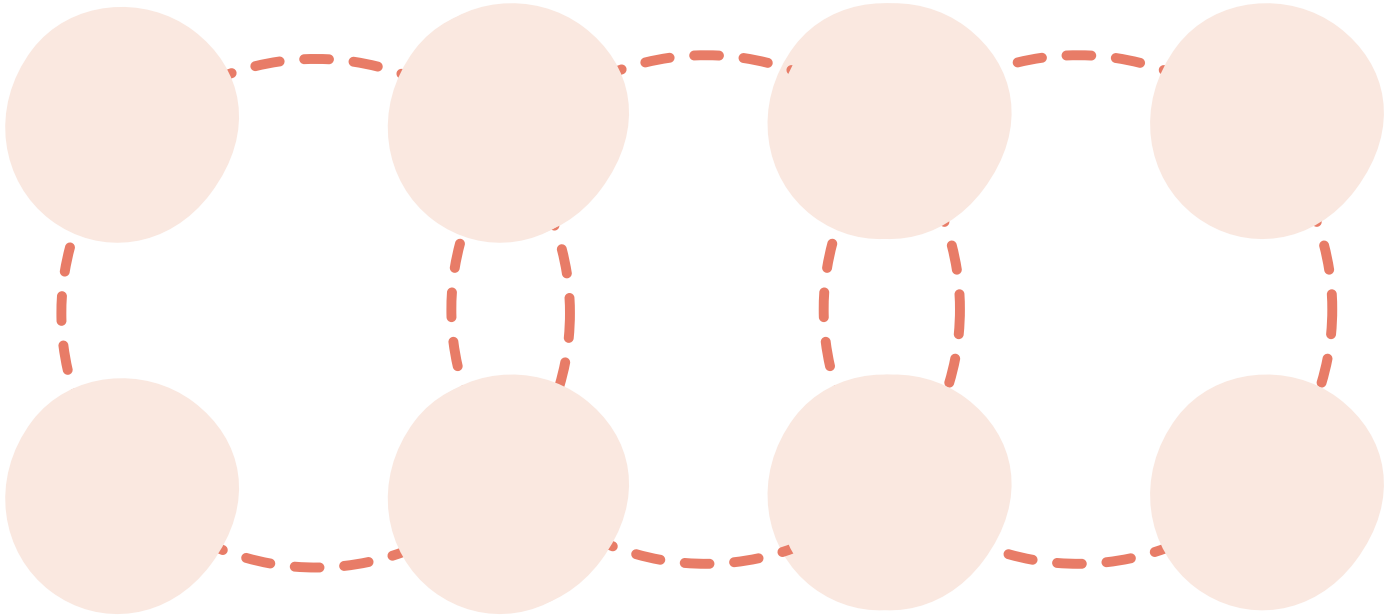
Think about the people in your life who make you feel joyful and uplifted. Write down their names and reflect on what makes your relationship with them joyful.

| ENVIRONMENT | JOYFUL ELEMENTS | FEELINGS EXPERIENCED |
|-------------|-----------------|----------------------|
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JOY MAPPING

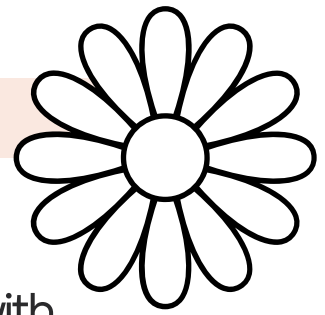


Create a joy map that includes the activities, people, and environments that bring you the most joy.



Look at your joy map. What patterns do you notice? How can you incorporate more of these joyful elements into your daily life?

CREATE AN ACTION PLAN

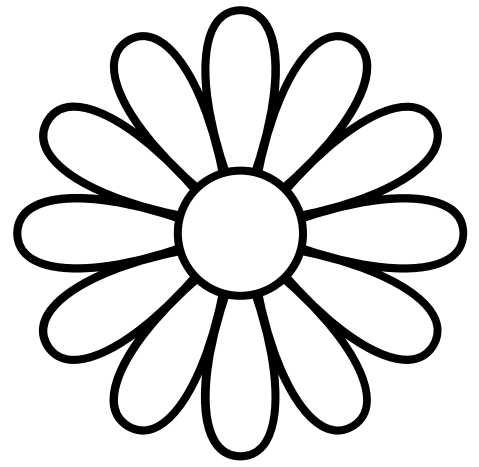


Develop a practical plan to enhance your everyday life with more joyful experiences.

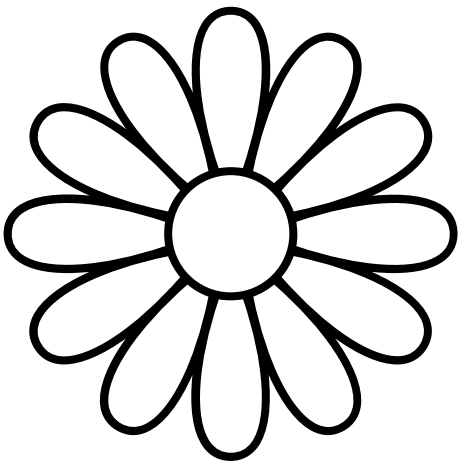
ACTIVITIES

PEOPLE

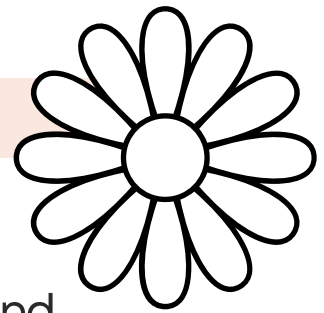
ENVIRONMENTS



RELEASING NEGATIVITY



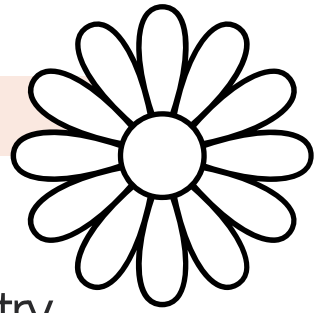
NEGATIVE THOUGHTS



See which of the categories you recognize in yourself, and reflect on how often you feel this type of negative thought.

| THOUGHT TYPE | DESCRIPTION | FREQUENCY NEVER - OFTEN |
|-------------------------|---|----------------------------|
| NEGATIVE FOCUS ONLY | Recalling only negative things, filtering out the positive. | ○ ○ ○ ○ ○ |
| PESSIMISM | Thinking negative things are most likely to happen instead of positive. | ○ ○ ○ ○ ○ |
| ALL OR NOTHING | Seeing only one side of things (good or bad, right or wrong, etc.). | ○ ○ ○ ○ ○ |
| MIND READING | Feeling everyone is thinking negatively about you. | ○ ○ ○ ○ ○ |
| EXAGGERATING | Inflating problems and possible consequences. | ○ ○ ○ ○ ○ |
| NEGATIVE PREDICTIONS | Believing things will turn out badly in the future. | ○ ○ ○ ○ ○ |
| BLAMING YOURSELF | Thinking negative things are always your fault. | ○ ○ ○ ○ ○ |
| DENYING YOURSELF CREDIT | Realizing positive things happen but never by your contributions or effort. | ○ ○ ○ ○ ○ |
| OVERGENERALIZING | Turning one negative instance into a never-ending pattern. | ○ ○ ○ ○ ○ |

REFRAMING THOUGHTS



When a negative thought comes into your head, try reframing it into a positive one, using the process below.

State the negative thought.

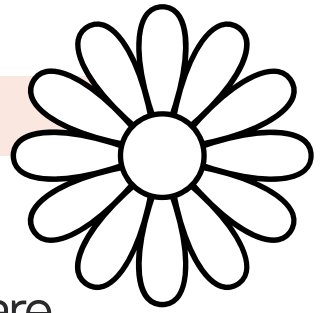
Ask yourself if it is a fact or an opinion.

Ask yourself if any part of the thought is untrue or inaccurate.

Reframe the thought by making it positive, realistic, accurate, and factual.

| NEGATIVE THOUGHT | POSITIVE THOUGHT |
|------------------|------------------|
| | |
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THOUGHT PATTERNS



See if you detect a negative thought pattern when you are opening up on the following thoughts:

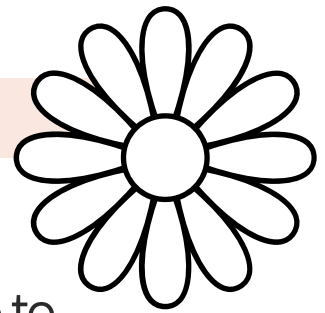
THOUGHTS ABOUT MYSELF

THOUGHTS ABOUT OTHERS

THOUGHTS ABOUT THE WORLD

THOUGHTS ABOUT THE FUTURE

THOUGHT PATTERNS



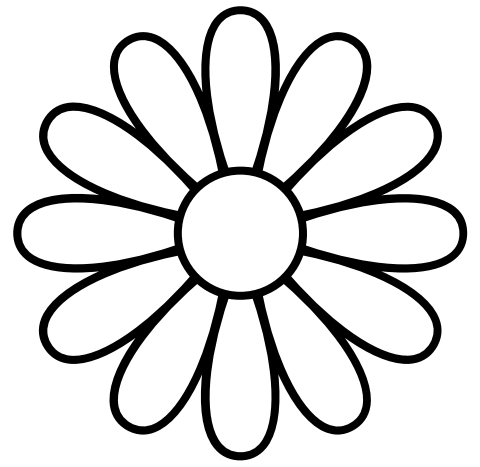
Now, open up about the following thoughts but be sure to inject positivity this time. Notice a difference?

THOUGHTS ABOUT MYSELF

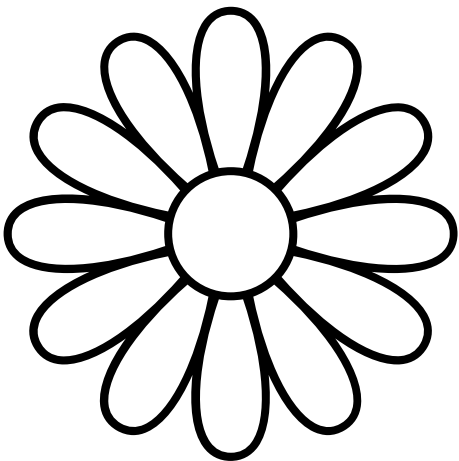
THOUGHTS ABOUT OTHERS

THOUGHTS ABOUT THE WORLD

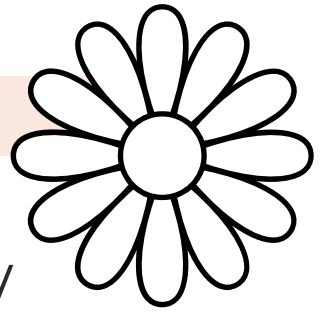
THOUGHTS ABOUT THE FUTURE



**POSITIVE
MINDSET**



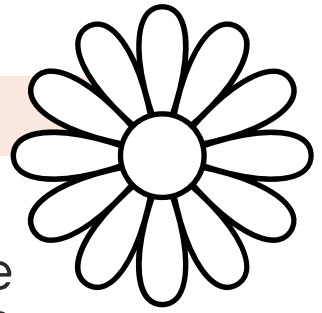
JOYFUL MOVEMENT



Boost your mood and energy levels by engaging in any form of physical activity that you enjoy.

| PHYSICAL ACTIVITY | HOW IT MAKES YOU FEEL |
|-------------------|-----------------------|
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MINDFULNESS

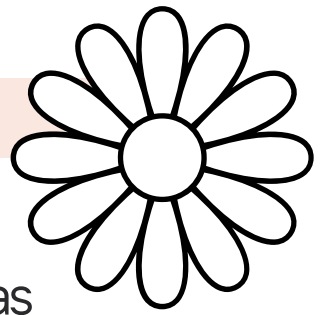


Enhance your awareness and appreciation of the present moment by taking short breaks throughout the day to practice mindfulness. Focus on your breath, observe your surroundings, or savor a moment of stillness.

During what times are you least focused on the present?

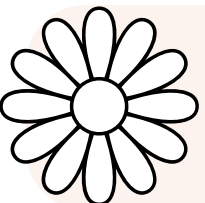
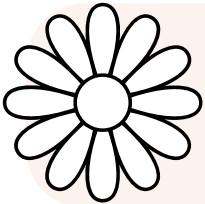
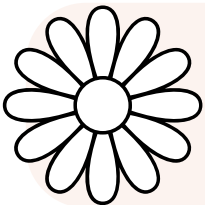
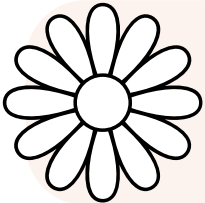
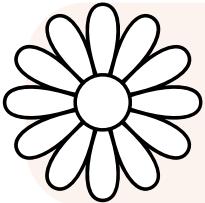
What advantages would you enjoy if you could stay focused on the present?

KINDNESS



By performing a small act of kindness each day, such as helping a colleague, volunteering, or simply smiling at a stranger, you can increase joy through giving and connecting with others.

What acts of kindness have you performed this week and how did you feel afterward?



CREATIVITY

Nurture joy through creativity by spending time regularly engaging in a creative activity you enjoy, such as drawing, writing, crafting, or playing music.

CREATIVE OUTLET:

HOW DID IT ENHANCE YOUR SENSE OF JOY?

CREATIVE OUTLET:

HOW DID IT ENHANCE YOUR SENSE OF JOY?

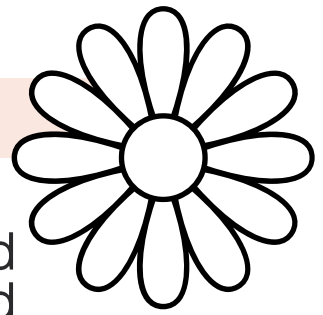
CREATIVE OUTLET:

HOW DID IT ENHANCE YOUR SENSE OF JOY?

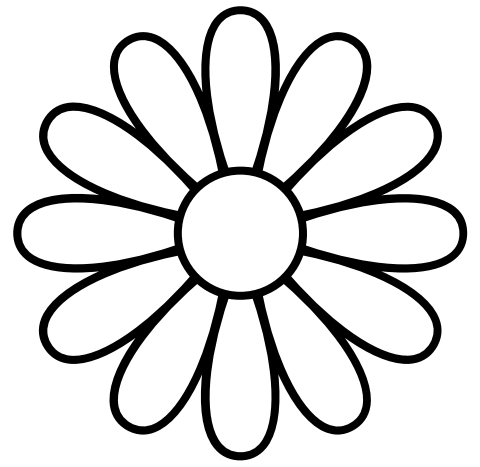
CREATIVE OUTLET:

HOW DID IT ENHANCE YOUR SENSE OF JOY?

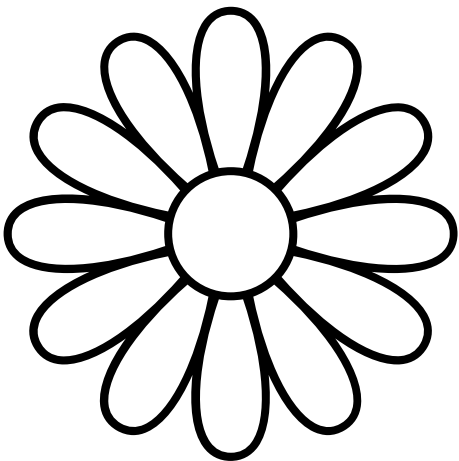
VISION BOARD



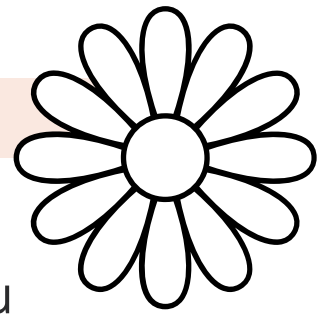
Visualize your sources of joy with images, quotes, and symbols representing the activities, people, and environments that bring you joy.



JOYFUL GOALS



DEFINE LIFE GOALS



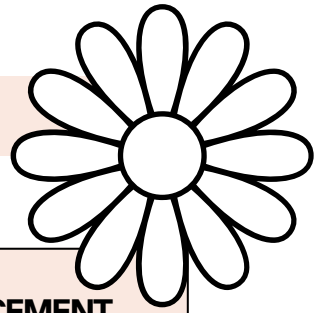
By setting clear, actionable goals, you can create a roadmap to a more joyful life. Reflect on what brings you joy and consider areas of your life where you would like to experience more joy.

List three goals that will enhance your joy in specific areas of your life. Reflect on why the goal is important to you and how achieving it will enhance your joy.

| PERSONAL GROWTH GOALS | IMPORTANCE | JOY ENHANCEMENT |
|-----------------------|------------|-----------------|
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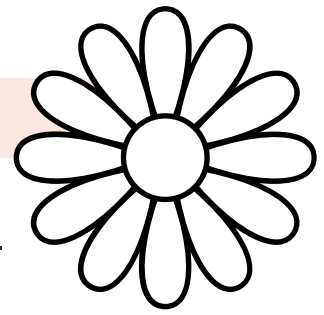
| RELATIONSHIP GOALS | IMPORTANCE | JOY ENHANCEMENT |
|--------------------|------------|-----------------|
| | | |
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DEFINE LIFE GOALS



| HEALTH GOALS | IMPORTANCE | JOY ENHANCEMENT |
|---------------|------------|-----------------|
| | | |
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| | | |
| CAREER GOALS | IMPORTANCE | JOY ENHANCEMENT |
| | | |
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| | | |
| HOBBIES GOALS | IMPORTANCE | JOY ENHANCEMENT |
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ACTION PLANNING



To develop a detailed action plan for achieving your joy-related goals, break down each goal into actionable steps. Consider what resources, support, and timeframes you will need.

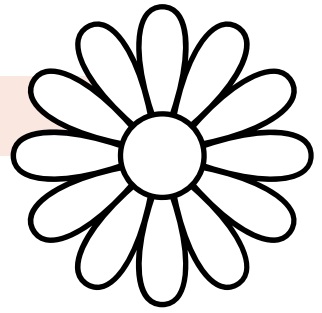
GOAL:

| ACTION STEPS TO TAKE | TO BE COMPLETED BY | DONE |
|----------------------|--------------------|--|
| 1 | | <input type="checkbox"/> YES <input type="checkbox"/> NO |
| 2 | | <input type="checkbox"/> YES <input type="checkbox"/> NO |
| 3 | | <input type="checkbox"/> YES <input type="checkbox"/> NO |
| 4 | | <input type="checkbox"/> YES <input type="checkbox"/> NO |
| 5 | | <input type="checkbox"/> YES <input type="checkbox"/> NO |

GOAL:

| ACTION STEPS TO TAKE | TO BE COMPLETED BY | DONE |
|----------------------|--------------------|--|
| 1 | | <input type="checkbox"/> YES <input type="checkbox"/> NO |
| 2 | | <input type="checkbox"/> YES <input type="checkbox"/> NO |
| 3 | | <input type="checkbox"/> YES <input type="checkbox"/> NO |
| 4 | | <input type="checkbox"/> YES <input type="checkbox"/> NO |
| 5 | | <input type="checkbox"/> YES <input type="checkbox"/> NO |

GOAL REFLECTION



Reflect on your progress.

CHALLENGES ENCOUNTERED

Eight light orange rounded rectangular boxes stacked vertically for writing challenges.

HOW YOU OVERCAME THEM

Eight light orange rounded rectangular boxes stacked vertically for writing how challenges were overcome.

HOW WILL YOU CELEBRATE AND REWARD YOUR ACHIEVEMENTS?

Seven horizontal lines for writing about celebrating and rewarding achievements.