



What is Joy?

The feeling of Joy is unique to you and I.

It is a moment, sometimes unexpected, when you experience that feeling of awe or wonder. You feel a little giddy or light headed. You are grateful for the present moment, for the now. Once you have felt pure joy you will continue to chase it.

The secret to joy is the simple pleasures in life.

The act of a joyful practice is waiting for us all, but first we need to find what brings us joy.

What is the difference between Joy and Happiness?

Happiness is something we feel over time and may rely on external factors. Whereas joy is a momentary burst of wonder and cultivated internally. We are going to experience more moments of pure joy when we are most open, content enough to truly appreciate things (large and small) that inspire awe.

What brings you Joy? Write down five things? Can you bring them into your daily life? Need some help – explore the list:

1. _____
2. _____
3. _____
4. _____
5. _____



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The discovery of new artwork. The smell of aftershave. Surround yourself with animals. The delight of Afternoon Tea. Switching on Airplane Mode – the joy of zero alerts. The freedom of a bike ride. Dipping your toe in the sea or going all in – splashing and all. Boat rides. Book binges. Sitting on a bean bag. Playing with balloons. Shouting 'Bingo'. Spotting butterflies. Playing with bubbles. A bubble bath – pure joy. Enjoying blue skies. Baking – that oven smell. Sitting on a balcony - chilling. Boxset binges. Spotting a bridge – the wonder of design. Eating cake – any cake. Cloud gazing. Comedy. Cushions. The smell and flicker of a candle. Candyfloss. Coffee – that first sip, the smell, the warmth. Cinema visits. Crazy golf. Cosy blankets. Camping. Camp fires. Chunky jumpers. Chocolate. Cook a new recipe. Dancing like no one is watching. Decluttering - joyful. Day dreaming. Date nights. Eye masks. Exercise – move your body. Unexpected eye contact. Forward rolls. The smell, colour and gift of flowers. Festivals. Fairy trails. Fancy dress. The smell of fresh cut grass. Fishing. Fresh bedding - ahh. Live music. Gigs. Hugs. Hot Air Balloons. Hikes. Helicopters. Hidden Laneways. Hammocks. Hoodies. Hash browns. Hot chocolate. Ice Cream. Ice Baths. Inflatables. Ice skating. Jumping. Kites. Knitting. Karaoke. Laughing. Love – unconditional love. Libraries – the joy of books. Lip gloss. Log fires. Lakes. Music. Magicians. Magic. Museums. Mazes. Mirrors. Mosaics. Memories. Marshmallows. Meditate. Museums. Movie night. Mountains. Nature. Napping. Orange. Open Air Pools. Open Air Museums. Play. Puddles. Paddle Boarding. Painting. The smell of perfume. Music playlists – allow music to take you to a place of joy. Painted nails. Paddling pools. Photos – reminisce. Plants. Popcorn. Chatty podcasts. Quirky people – joy seeking people. Cosy quilts. Rooftops. Raindrops on your window. Catch the glimpse of a rainbow. Running. Roundabouts. Reflections. Random chats. Reading. Rave music – the joy of letting go. The sound of running water. Feeling your bare feet on a soft rug. Smiling. Sunsets. Sunrises. Surfing. Sandcastles. Skiing. Swinging. Slides. See Saws. Singing out loud. Snorkelling. Sun bathing. Swans gliding. Snow angels. Spring cleaning. Sunshine on your face. Sighing. Swimming – feel your body stretch. Star gazing. Walking in amongst Trees. Treehouses. Towers – the higher the more joyful. Trampolines. Theatre trips. Underwater exploring. Viewpoints. Volunteer. Waterparks. Winter Walks. Wandering in the wild. Wearing wellie boots. Waves. Window Shopping. Yellow – my favourite. Yarn Bombing. Yoga. Yawning. Zoo visits. Zip Lines.

My joyful examples

- 1. Blasting THAT song where you are reminded of an event – lost in the moment.*
- 2. Freewheeling my bike down a steep hill, wind in my hair.*
- 3. Running along the canal listening to a chatty podcast which makes you pause and ponder, smile as you run.*
- 4. Coffee and Cake in a cosy café.*
- 5. Reading the first sentences of a new book, ready to be taken on an adventure.*