



Beginning with Joy



Joy is one of the key components in sustaining meaning and purpose in one's life over the long haul. Life is sure to have its challenges, periods of self-doubt and questioning, or times when we lack energy or a clear sense of direction. We can always “prime the pump” of purpose by connecting again with people and things that bring us joy. Spend a few moments jotting down anything and everything that comes to your mind under each prompt.

What are some things that make you smile? Or, who are some people who help you to do so? What are some moments or experiences in your life that have brought you to smile?

What are some things or who are some people that you really appreciate? Can you think of a moment in your life when you felt grateful for something someone else has done for you?

What do you take delight in? What is one experience in your life where you felt delight?

What do you find to be profoundly beautiful?

What have been some moments or experiences in your life that made you feel really happy?

When was the last moment/time in your life when you felt you were really thriving? What was happening at that time that led to this feeling or experience?