

Session 1: FINDING JOY

Questions for further thought:

- 1) What does joy mean to you?
- 2) In the context of challenge, what does joy mean to you?

Practices that bring Joy:

- 1) Anything that feels joyful to YOU
- 2) Taking a walk
- 3) Eating something delicious
- 4) Enjoying the sun/nature
- 5) Reading a good book
- 6) Dancing

Your MANTRA to help you connect to joy:
