

The ABCs of Joy

Discover your inner joy for free

A – APPRECIATING NEIGHBORS & ACTS OF KINDNESS

B – BASKING IN BACKYARD BIRDWATCHING

C – CUDDLING TENNICK & CREATIVE COLORING FOR CALM

D – DANCING IN DAZZLING, FUN CLOTHES

E – EXPLORING NATURE & ENJOYING EVERY CREATURE

F – FOCUSING ON THE THINGS I LOVE & FEEDING THE BIRDS

G – GARDENING & GRATITUDE-FILLED MORNINGS

H – HEARTFELT LAUGHTER YOGA & HEART-MATH

I – INSTANTLY SHIFTING YOUR THOUGHTS

J – JOYFUL SINGING OF CHILDREN'S SONGS

K – KIND CONVERSATIONS IN THE CHECKOUT LINE

L – LETTING DRIVERS MERGE & SHARING LAUGHTER

M – MANTRAS: "EVERY LITTLE CELL IN MY BODY IS WELL"

N – NOTICING THE SIMPLE PLEASURES OF PORCH SITTING

O – OBSERVING THE WORLD THROUGH CHILDREN'S EYES

P – PLAYING WITH DOGS & GIVING PEANUTS TO SQUIRRELS

Q – QUIET MOMENTS WITH QIGONG

R – REMEMBERING FAVORITE TIMES WITH GRANDCHILDREN

S – SMILING & STARTING THE DAY WITH PRAYER

T – TALKING WITH FRIENDS & WATCHING TED TALKS

U – UNLEASHING CREATIVITY WITH DOODLES OR ART

V – VISITING FRIENDS & VALUING POSITIVE DAILY WORD

W – WATCHING OTHER'S CONTAGIOUS LAUGHTER & COMEDY

X – EXPRESSING GRATITUDE FOR EVERY JOYFUL EXPERIENCE

Y – YIELDING TO JOY THROUGH LAUGHTER & YOGA

Z – ZESTFULLY EMBRACING EVERY NEW DAY

