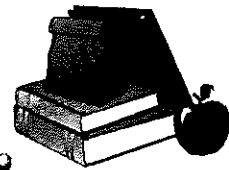


Joyfulness



What is Joyfulness?

Joyfulness is being filled with happiness. It is a peaceful sense of well-being. Joy is inside us all. It comes from an appreciation for the gifts each day brings. Joy comes when we are doing what we know is right, and when we laugh and see the humor in things. Joy is the inner sense that can carry us through the hard times even when we are feeling very sad.

Why Practice It?

Without inner joy, all our feelings are determined by what is happening to us. When things are going well, we feel glad. When things are going wrong, we feel bad. Without joyfulness, when the fun stops, our happiness stops. When we are joyful, things still happen to us, some good and some bad. If we are joyful, down deep we stay calm and serene. We look forward to things changing for the better.



How Do You Practice It?

Joyfulness is looking forward to your day, knowing it will be good. Whatever you are doing, do it with a joyful heart. Find ways to have fun in your work and in your play. When good things happen to you, enjoy them fully. When sad things happen, let the sadness come and then let it go. Find the gift in what is happening – is this a way to become stronger? Something new to learn? Enjoy your life!

The Virtues Project



What would Joyfulness look like if...

- Your father asked you to clean out the garage?
- A friend you like a lot moves away?
- You have a difficult homework assignment?
- You spend some time thinking about your life?
- You feel sad and down?
- You have a free day with no plans?

Signs of Success

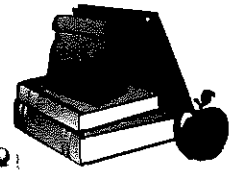
Congratulations! You are practicing Joyfulness when you...

- Look inside for happiness
- Enjoy whatever you are doing
- Appreciate the gifts in your life and in yourself
- Find creative ways to enjoy your time
- Have a good sense of humor
- Feel an inner peace even when things are tough

Affirmation

I am thankful for the joy I feel inside. I enjoy my work and my play. I appreciate the gifts this day holds for me.

Activities with Joyfulness



Virtues Sharing Circle

Sit or stand in a circle and each person shares one thing that they enjoy, or that brings them joy.

Joy Icebreaker

Have individuals move around the room and stand in front of another person, look into their eyes and ask "What gives you joy?" Then their partner asks them the same question. They then move to the next person and give a new answer.



Virtues Reflection Questions

- ❑ What gives you joy?
- ❑ Name three activities you enjoy.
- ❑ How can you practice joyfulness when things aren't going well?
- ❑ What cheers you up when you feel down?
- ❑ If you had a whole day in front of you, what would be the most enjoyable way to spend it?
- ❑ How can you enjoy a boring task?
- ❑ Share a funny thing that happened to you.
- ❑ Share one of the most enjoyable times you ever spent with your family.



Drawing Joyfulness

Make a collage or poster of the things in your life which give you joy.



Poster Points

- ❑ Joy gives us wings.
- ❑ My heart is full of joy.
- ❑ I enjoy life!
- ❑ Life is good.



Quotable Quotes

"Joy gives us wings! At times of joy our strength is more vital, our intellect keener, and our understanding less clouded. We seem better able to cope with the world and find our sphere of influence." 'Abdu'l-Baha

"Joy is an inside job." Don Blanding

*"He who binds to himself a joy
Doth the winged life destroy;
But he who kisses the joy as it flies
Lives in Eternity's sunrise."*
William Blake

"There is no such thing as the pursuit of happiness, there is only the discovery of joy."
Joyce Grenfell

"Joy is the presence of love for self and for others, a state of gratitude and compassion, an awareness of being connected to our higher self and of being one with everything."
Peggy Jenkins