



CULTIVATING AND EXPERIENCING JOY THROUGH 4 SIMPLE PRACTICES

By Dr. Pam King



Joy is more than an emotion. It is a transformational virtue that provides a vision and compels us to see what should be.

We can cultivate joy in our daily lives by:

REFLECTING on our beliefs and values.



When we experience joy, we are able to:

Have positive feelings of joy that allow us to be **MORE OPEN**.

CULTIVATING meaningful connections.



BROADEN our creativity, imagination, and friendships.

CONTRIBUTING to those around us.



Become less anxious and foster **COMPASSION** and **KINDNESS**.

PURSUING our purpose and calling.



Build our capacity for **THRIVING**.