

# Discovering Your Joys in Life

This exercise helps you connect with the things that truly bring you joy and happiness. By taking the time to reflect on what makes your heart sing, you can gain valuable insights and make positive changes to bring more of those joyful experiences into your life. The instructions guide you through a thoughtful process of identifying your top 10 joys, reflecting on common themes, and committing to a specific action to increase your overall well-being and contentment.

 **by Nirmala Elizabeth Autheymalam**

# Tapping into Your Childhood Joys

The instructions suggest that you think back to your childhood to remember the times when you were most happy. Reconnecting with the simple pleasures and carefree moments from your youth can be a powerful way to rediscover the activities and experiences that truly fill you with joy. Whether it was playing outdoors, exploring your imagination, or spending time with loved ones, your childhood can provide valuable clues about the things that bring you the greatest happiness.

# Engaging Your Senses

The instructions also encourage you to consider your five senses - sight, hearing, touch/feeling, smell, and taste - and try to identify one "joy" for each sense. This multisensory approach can help you uncover a diverse range of joyful experiences, from the beauty of a sunset to the comforting aroma of freshly baked cookies. By tapping into the full spectrum of your senses, you can expand your understanding of what truly brings you joy and fulfillment.

# Your Top 10 Joys

**1**

1.

\_\_\_\_\_

Write your first joy here.

**2**

2.

\_\_\_\_\_

Write your second joy  
here.

**3**

3.

\_\_\_\_\_

Write your third joy here.

**4**

4.

\_\_\_\_\_

Write your fourth joy here.

**5**

5.

\_\_\_\_\_

Write your fifth joy here.

# Continuing Your Joy List

**1**

**6.**

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Write your sixth joy here.

**2**

**7.**

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Write your seventh joy  
here.

**3**

**8.**

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Write your eighth joy here.

**4**

**9.**

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Write your ninth joy here.

**5**

**10.**

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Write your tenth joy here.

# Reflecting on Your Joys

As you look at your list of top 10 joys, take a moment to reflect on the common themes, powerful messages, or surprises that emerge. Consider the ease with which you can incorporate these joyful activities into your daily life. Reflect on why you may not be doing them as often as you'd like, and think about the potential barriers or obstacles that are preventing you from experiencing more of these joys on a regular basis.

# Bringing More Joy into Your Life

## Specific Action

Write down one specific action you will take to bring more joy into your life.

## Timeline

Indicate when you plan to take this action.

# Embracing a Joyful Life

By taking the time to reflect on your top 10 joys and committing to a specific action to incorporate more of them into your life, you are taking an important step towards a more fulfilling and joyful existence. Remember that the path to happiness is not always linear, and there may be ups and downs along the way. But by staying true to the things that bring you the greatest joy, you can cultivate a life that is rich, meaningful, and deeply satisfying.

