

QUICK START



QUICK LIST

Create 100 Joyful Things

Check off easy wins

Work for 80/20 Balance

STEP 1

We easily forget the sources of our happiness. And even if we know exactly what brings us joy, we often forget to do those things regularly. Step 1 is to list 100 actions or activities that make you happy and bring joy to your hours and days. Use the worksheet to help you get started. Don't worry—100 seems like a lot, but after the first 20 you'll be on a roll. And incorporating those things that bring us joy establishes positive neural pathways. The goal is to achieve an 80-20 balance with joyful activity comprising 80% throughout any day including work days!

STEP 2

Check items on the list that you can easily integrate into your work day. The list you end with might have ideas like "listen to music in the car on the way to work" or "stream tunes at work in the morning." I've begun using lavender fragrance plug-in diffusers in my office after making my list. Maybe you will incorporate your love of music into your day?

Some other ideas from others were to take Saturday morning to spend in a vintage store, or spend time (even a few minutes makes a big difference) intentionally connecting with your spouse or child before school.

STEP 3

Integrate. Put those items into your daily routine at work. You have control of much of your activities, and you have almost complete control of your environment. Making sure you are integrating joyful activities into your work day and personal life is essential. You only have this life, why not enjoy it?

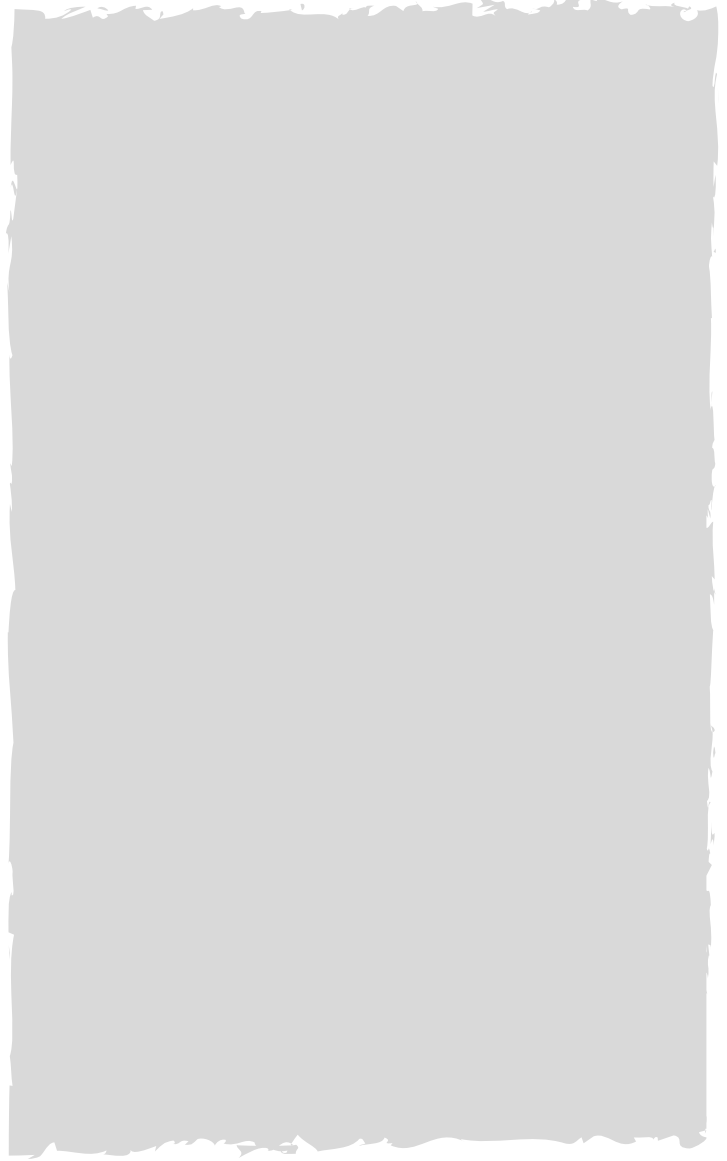
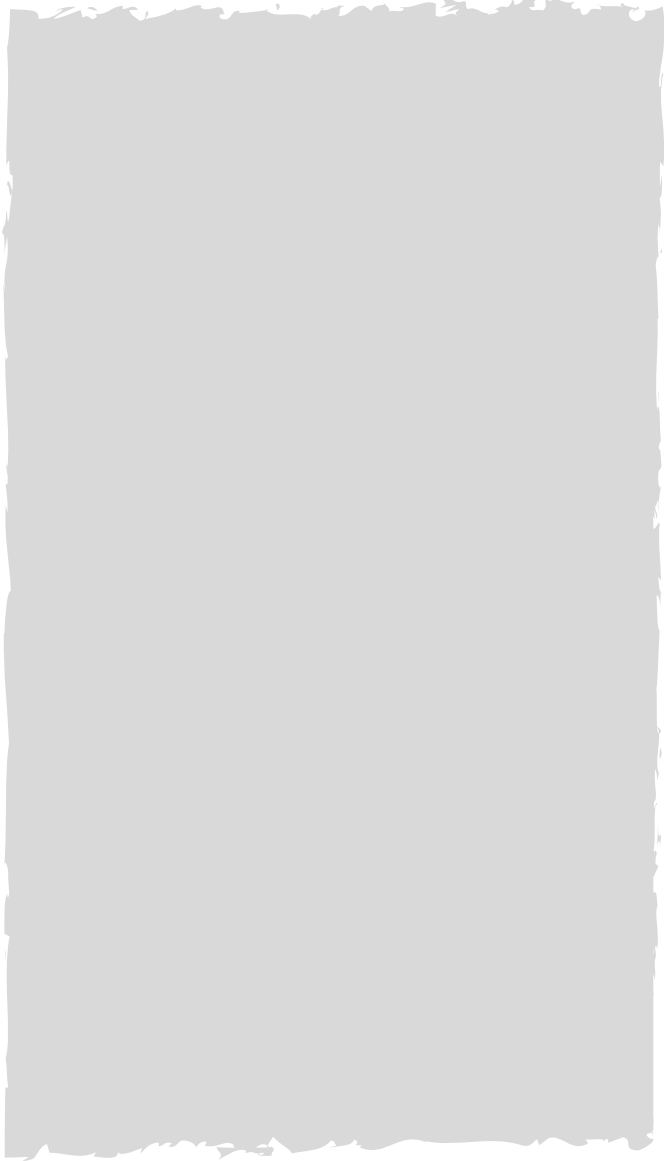
Many women think that doing activities we enjoy or love is selfish. It's actually the most selfless thing you can do. Through caring for yourself, you're becoming more balanced and happy. So until you find your dream job---try living your dream--a life filled with things you love.



100 Joyful Things

AT HOME

AT WORK



DON'T FORGET

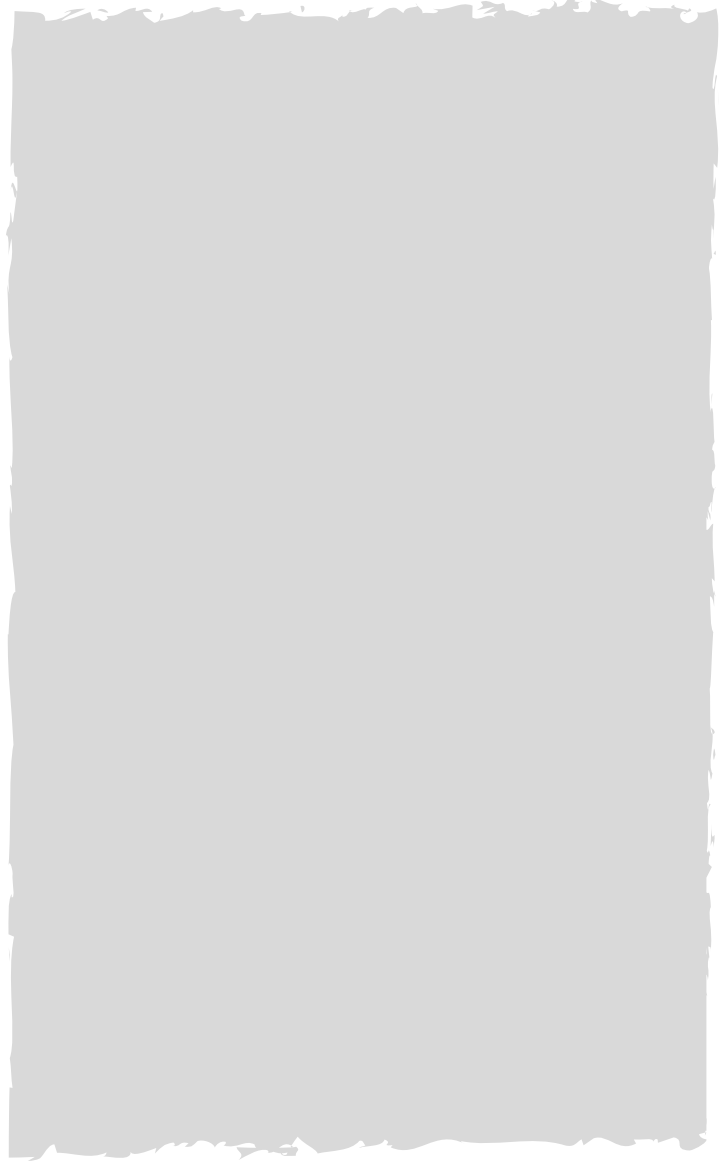
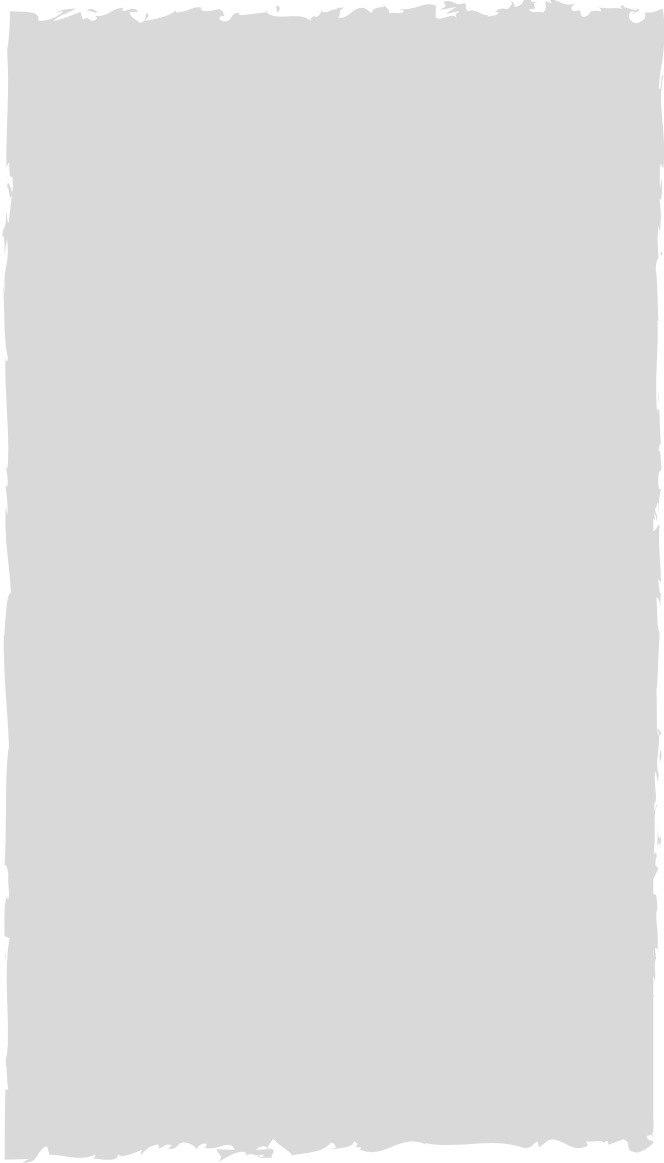




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