



TODAY I CREATE  
MOMENTS OF JOY.

“We are fragile creatures,  
and it is from this  
weakness, not despite it,  
that we discover the  
possibility of true joy.”

– Desmond Tutu

How we experience everything that happens in our life, depends on the **meaning we give situations**. While you might feel so unlucky because it's raining on your wedding day, in another culture, raining on your wedding day is extreme luck and someone else feels blessed.

Maybe the circumstances in your life, your health, relationships, your job or even economic & political situations make you think that you are not in control of your emotional state. You may feel that life is something that it's happening to you and **you are at the mercy of circumstances**.

Research (Lyubomirsky & Sheldon) shows that happiness is 50-70% determined by your genes, and 10% by your circumstances, other people, or materialistic things, and the

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other 30-50% comes down to our conscious effort to find joy daily. **“Happiness can be successfully pursued, but it's not 'easy'”.**

The hallmarks of happiness are feeling satisfied, being engaged in your daily activities, and finding purpose & meaning in life.

To increase your happiness, try volunteering, conscious breathing, exercising, and being in nature.

Even if all the conditions are perfect, and all lost pieces fall into place, if you focus on the negative, you will be able to **make yourself feel unhappy**.

Every day we can find thousands of reasons to be grateful, to see the magic, and thousands of reasons to hate our life, others or ourselves. **Our perspective** is what defines the level of our happiness. Life will keep happening to us, and ups and downs will occur. **Choosing to be grateful for every breath, being present, and letting go of things you cannot control** are the only secrets to true happiness.

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Phrase of the day: 'Today I create moments of joy'.

*Write this phrase in your journal.*

Being aware of our emotional state is the first step towards happiness. The second one is to choose happiness at the moment. The third is to prioritize time to create moments of joy.

## PRACTICE

Joy is a quality of the heart. Therefore, this morning we will focus on the field of the heart. Listen to the "HAPPINESS" meditation.

Think of moments, people, things you are grateful for. Imagine a field around your chest that grows in size every time you breathe in.

Throughout your day we invite you to seek & create moments of joy. By being fully present in different ways. Breathe. Smile.

For example, by doing something, or listening to someone with your full attention. Cooking. Eating. Playing with your kid(s) or your pet(s).

Doing an act of kindness. Calling a good friend who always makes you laugh. Appreciating a flower or the blossom on the trees.

Or do something you loved doing as a kid. For example, to paint, draw, dance, climb trees, jump, skate, swim etc. Whatever it is that will help you connect with your inner sense of play & wonder. To lighten our energy.

Go through your day reminding yourself that you deserve to experience daily moments of joy. Choose to consciously shift your attention to finding things that bring you joy.

Reflect before you go to bed. Go through your day and write down what brought you joy today. Connect with your heart to feel it again.

**Optionally:** Write down 21 things that you are grateful for.

EnJOY!!