

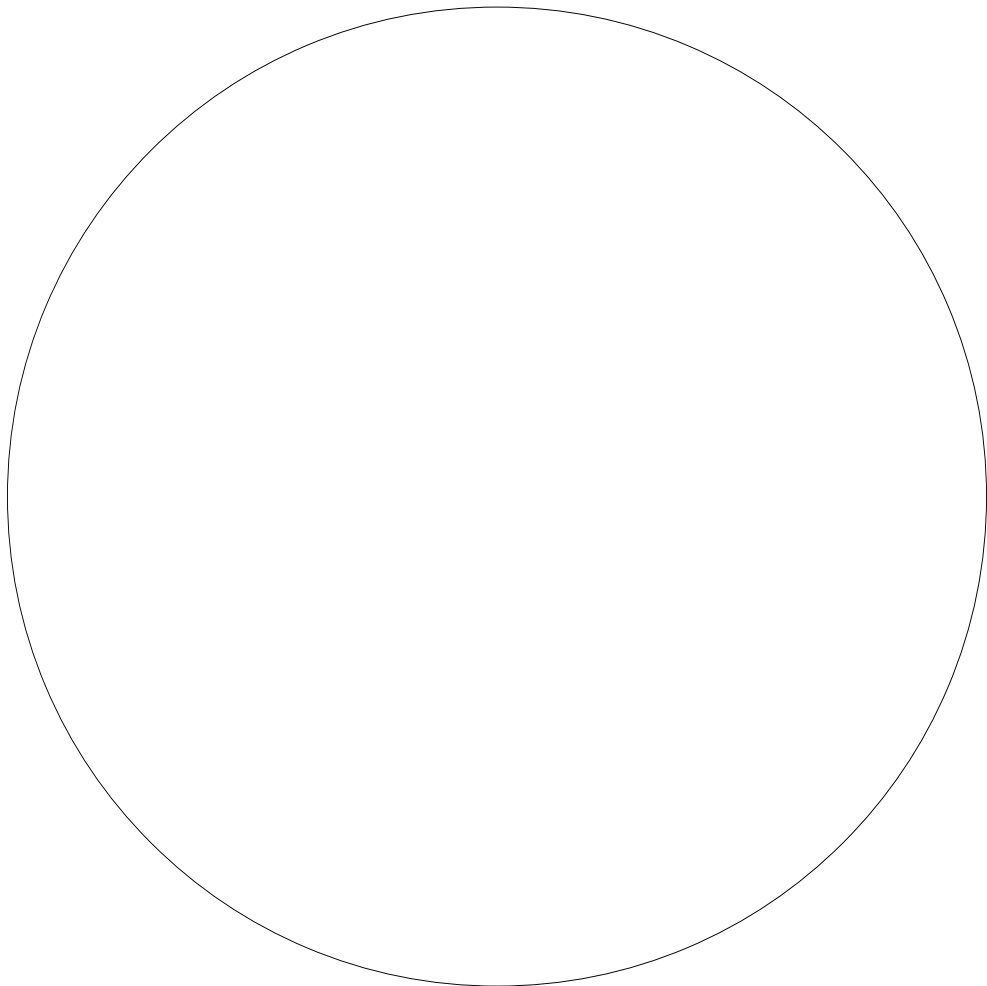
Intentional Joy

December Challenge

It is entirely up to us to cultivate more happiness in our lives. We can't wait for it to happen or expect someone to deliver it to us on a silver platter, we have to take accountability and intentionally create more joy into our routines.

Start by outlining your typical day (not including sleep) and figure out where and how you're already spending your time.

Use the circle below to create a pie chart of how you spend your time.



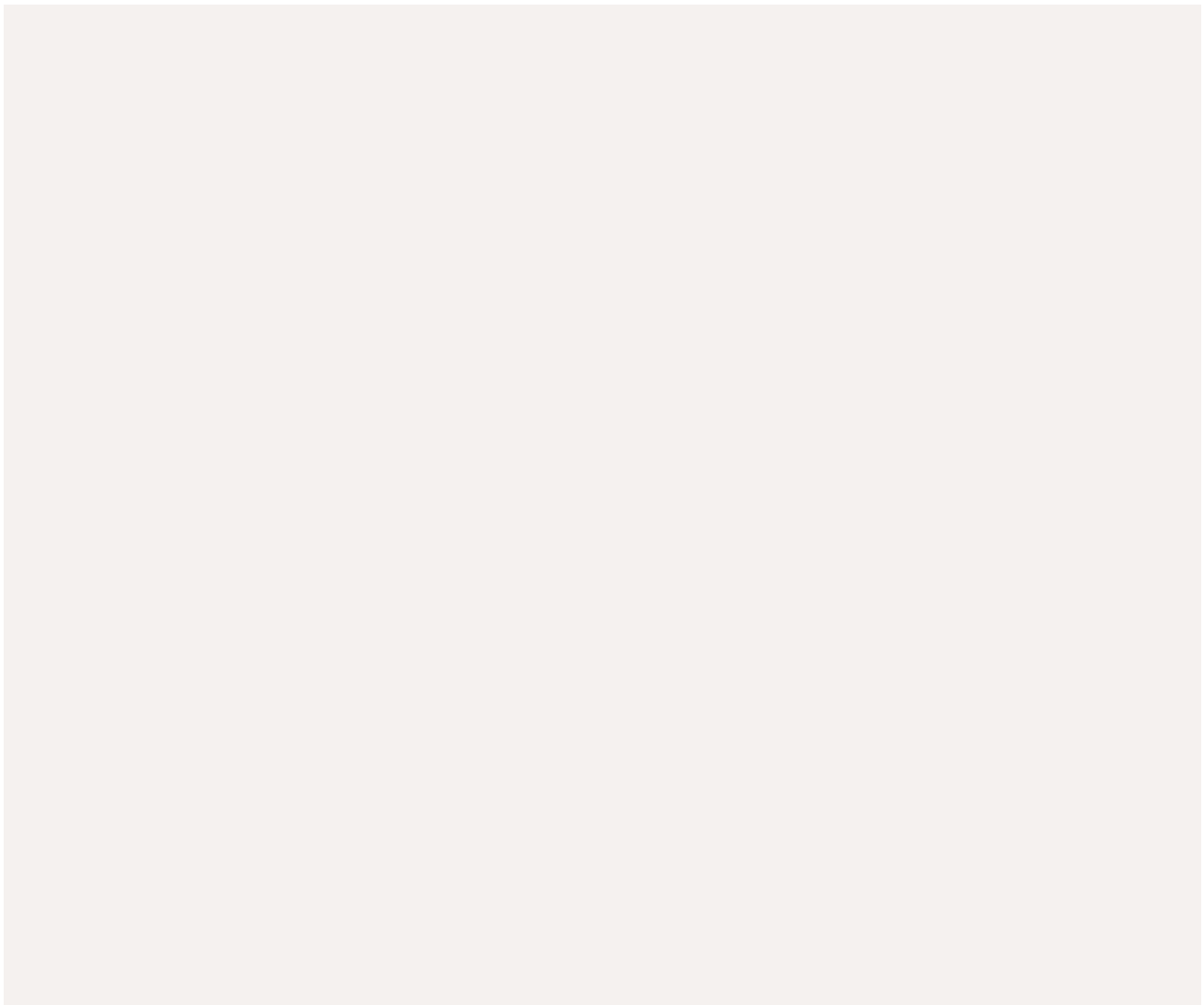
Cultivate *Your Joy*

Joy looks different to each of us.

The goal of this exercise is to define joy on your own terms. Think about the things that bring you excitement, love, happiness, connection and fulfilment.

List all the things that give you joy in your daily life.

For example: walking to the park, patting my dog, writing, waking up early, fresh flowers, lighting a candle, laughing, table tennis, swimming in the ocean, talking to my colleagues, going out for coffee, etc.

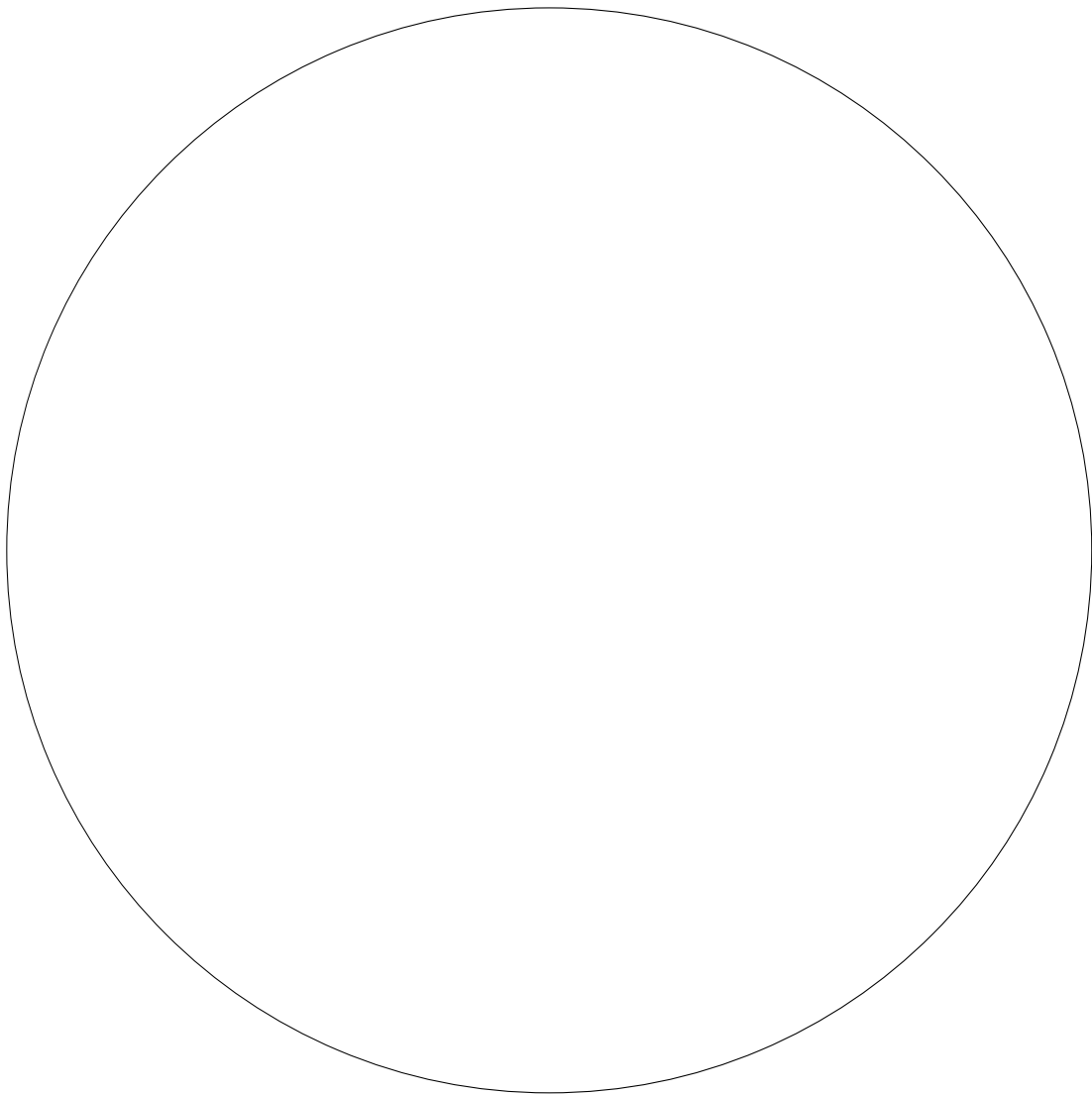


Schedule *Your Joy*

Reflect back on your list and your first pie chart. Identify where the items on your list might fit into your everyday life.

For example, maybe the Sydney city skyline brings you joy and you see it on your commute to work. Seeing the skyline might fit into the slice of your pie chart labelled 'commute to work' or 'work'.

Go a step further and enhance your joy by getting off the train early and walking across the Sydney Harbour Bridge to work to really enjoy those views.



Dream Day

This exercise has been taken from The Intentional Living Playbook.

Envision your dream day tomorrow and follow the prompts to create your absolute most joyful experience.

Where do you wake up?

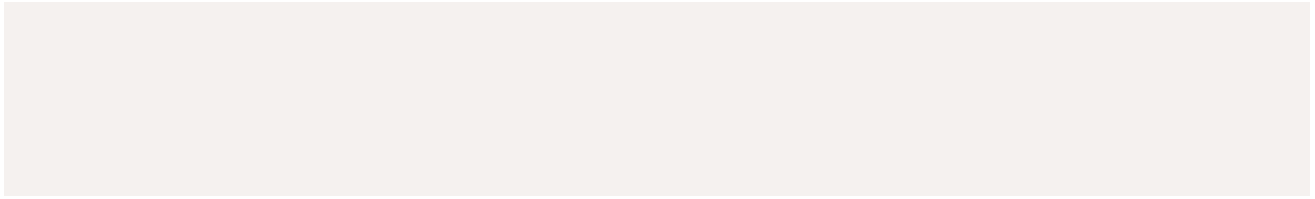
What's your space like?

What's in the space?

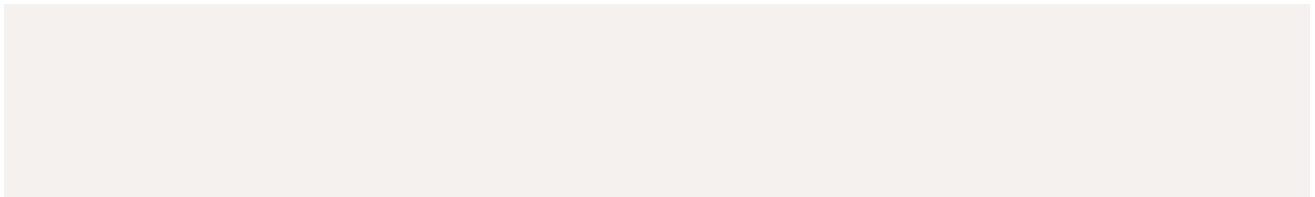
Who's with you?

What's the weather like?

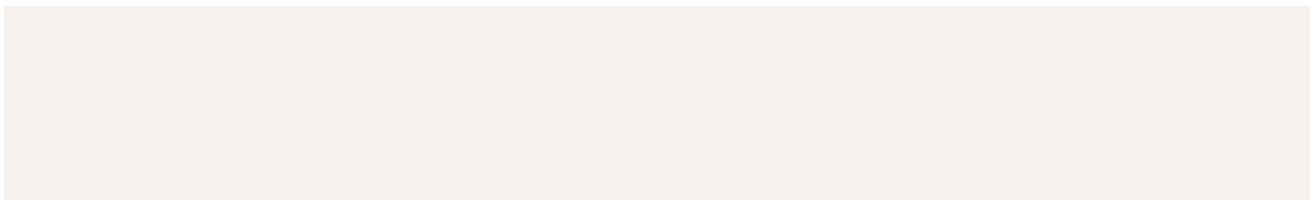
AM: What time do you rise?



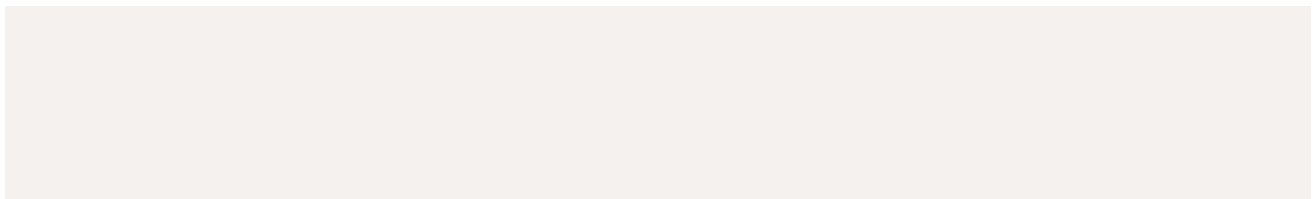
AM: What's your morning routine?



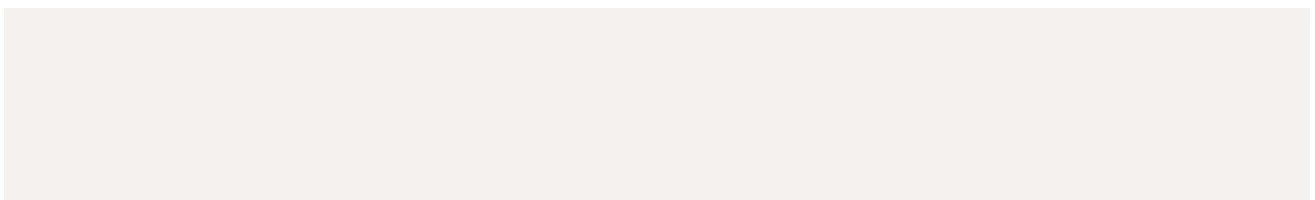
AM: What's for breakfast?



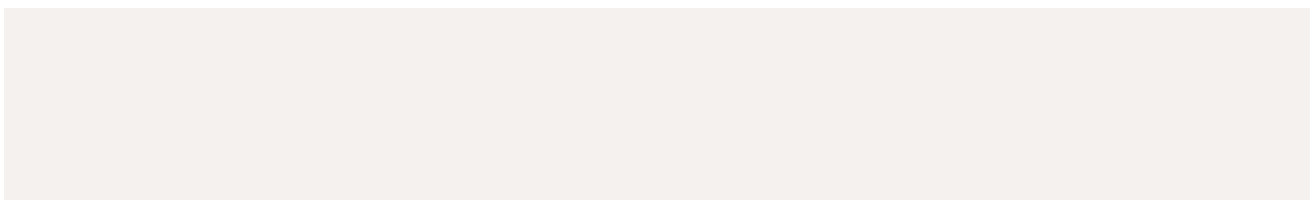
AM: What's your morning routine?



DAY: What activities are you doing?



DAY: What projects are you working on?



DAY: Who are you with?

DAY: Where are you going?

PM: What did you achieve?

PM: What's your evening routine?

PM: What's for dinner?

PM: What are you doing before bed?

We are each responsible for
cultivating our own joy