



SPARKING JOY IN YOUR LIFE

In everyday life, many little things contribute to our experience of happiness and joy. A hot cup of tea, a (virtual) meeting with friends, a quiet minute with a good book, a walk around the block during your lunch break....

Take a moment to think about what gives you moments of happiness. What activities, people, events or places make you happy? Feel free to think about different contexts, such as family and friends, work, free time and hobbies

What sparks moments of happiness and joy in your everyday life?	How often do you experience them?	When is the next time?
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