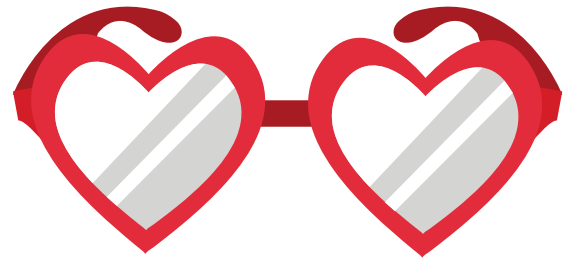


Micro-Moments of Joy

Positive Emotions like JOY are fleeting. We have to look for them and learn to savor them, when they occur. We all wear negativity glasses (negativity bias) and naturally pick up negative emotions more easily and dwell on them for longer durations.

Barbara Fredrickson's positivity toolkit includes 12 strategies for achieving a higher ratio of positive to negative emotions (2009):

- (1) Be open and curious about your surroundings and experiences
- (2) Cultivate high quality, respectful, and reciprocal relationships
- (3) Engage in acts of kindness and altruism
- (4) Develop healthy distractions or strategies for use during times of excessive rumination or negativity
- (5) Dispute unhelpful, negative thought patterns
- (6) Spend time in nature and beautiful settings
- (7) Explore and apply your strengths
- (8) Meditate and cultivate mindfulness
- (9) Practice loving kindness meditations
- (10) Be grateful and appreciate the good things in life
- (11) Practice savoring
- (12) Visualize future possibilities and the successful achievement of important dreams and goals

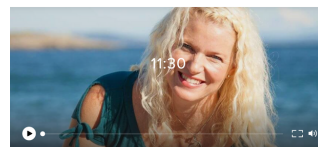


IDENTIFY AND SAVOR JOY

Joy can be experienced in many ways - There is no "better" Joy

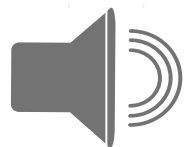
- Excited Joy is very intense and involves high energy
- Serene joy is quieter and calmer, giving feelings of harmony and unity
- Individuated Joy is joy experienced as an individual
- Affiliative Joy is joy that is shared with others.
- Anticipatory Joy occurs when fulfillment of some desire appears to be imminent
- Consummatory Joy occurs when the desire has already been fulfilled

JOY MEDITATION



Meditation for Joy

Download our app



FORMING JOY HABITS



Learn your habit formation tendency.
[Take the quiz here.](#)

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