



JoyFULL:

A PRACTICE

Joy runs deep.

Even deeper than happiness.

It's released at a cellular level, from the depths your soul; miraculous in its ability to flow out of the blue across the bumpy terrain of a bad mood.

Joy is transformative.

Mirth, pleasure, delight, glee, these are all properties of joy, but joy is even deeper than that.

Individual and indescribable, like an ocean over a rock, joy polishes the roughness in our hearts into the light of wisdom.

So how do you experience more of it? Begin simply. Ask. Then Practice.

For the next 7 days, I would like to help you plan your joy. Use the daily calendar templates to create a personalized practice.

KimK.

P.S. Before you get started hit reply and tell us why you need more joy in your life.

Joy Fall

Your brain is not hardwired, fixed and unchangeable. As you choose to strengthen the pathways inside your brain that serve joy, you will purposely weaken the pathways that aren't joyful. Start wiring your brain for joy by paying attention to things that are joyful.

I FELT JOY TODAY WHEN...

THOUGHT FOR THE DAY

When you do things from your soul, you feel a river moving in you, joy.”

~ Rumi

MY PRACTICE TAUGHT ME...

Day #2

Day #2

I FELT JOY TODAY WHEN...

THOUGHT FOR THE DAY

She found joy
and wonder in
every little
thing and joy
and wonder
always found
her.

~ Katrina Mayer

MY PRACTICE TAUGHT ME...

Day #3

A joyful life is
made up of
joyful
moments
gracefully
strung
together.

Day #4

I FELT JOY TODAY WHEN...

THOUGHT FOR THE DAY

Find a place
inside you
where there is
joy and the
joy will burn
out the pain.

~ Joseph
Campbell

MY PRACTICE TAUGHT ME...

Day #5

Let your
joy be your
resistance.

~ Patrisse Cullors

Day #6

Joy is the
holy fire that
keeps our
purpose warm
and our
intelligence
aglow.

~ Helen Keller

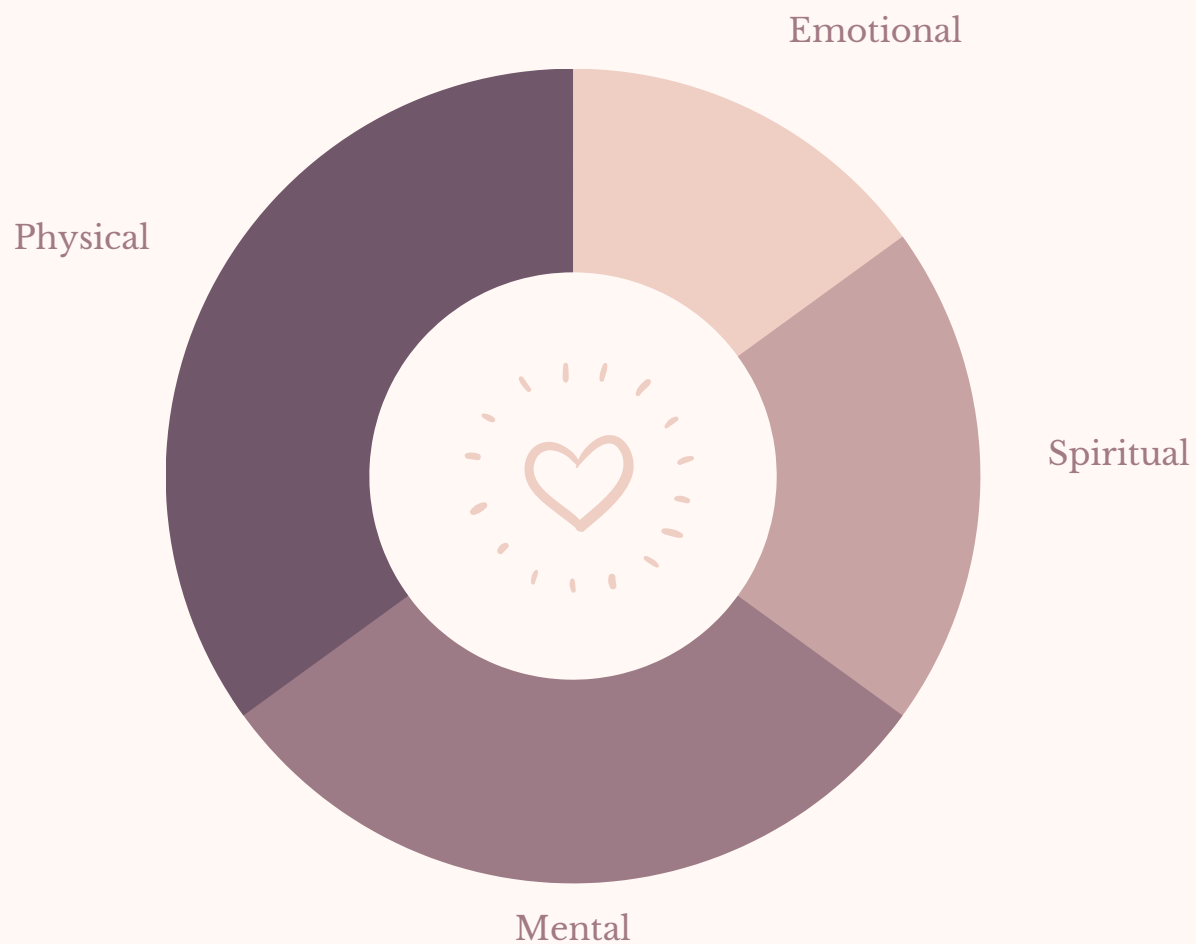
Day #7

It is not joy
that makes
us grateful.

It is
gratitude
that makes
us joyful.

~ Anonymous

Now that you've practiced. Map the things that made you feel full of joy. List them according to the broad categories they match. Need to fill your cup? **Don't panic. Joy is a practice.**



I am joyFULL. Joy is not a quick hit. It's a steady unfolding, It's not the intensity of the joy, it's the frequency. Everything I do allows me to align with the frequency of joy.

JoyFULL

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RACISM
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By: Kim Kuhlman

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