



MISSION: JOY

DON'T WAIT FOR JOY; CREATE YOUR JOY, TODAY.

We often think of joy as something that happens to us, and not something we make happen for ourselves. But we believe joy is happiness with a purpose, and it comes from within. It's like a muscle that we can grow, and that gives us strength.

And science shows that just one of the following Acts of Joy can make you feel better right now, so:

EXPRESS GRATITUDE

From appreciating people and pets to moments and memories, we can feel grateful and grounded.

SHIFT PERSPECTIVE

Look at situations from a different point of view to see the bigger picture.

CONNECT TOGETHER

Reach out and discover what's shared between us all.

DO KINDNESS

Practicing kindness feels good and can create a ripple effect of greater good.

With just one simple Act of Joy each of us can activate joy anytime, grow it everyday, and strengthen it everywhere for the greater good.

JOIN THE DRIVE TO SHARE MORE JOY AT [MISSIONJOY.ORG](https://missionjoy.org)



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JOY IS HAPPINESS WITH A PURPOSE

WHAT EXACTLY SHOULD WE DO? ACTS OF JOY

Here are four easy ACTS OF JOY to start with, scientifically proven to help you feel more joy.

KINDNESS

TRY THIS:

- Do a small thing to help someone else, or the world.
- Do five kind things in one day, and feel stronger effects all week!

WHY?

Science shows that when we do something kind for another person or for the world — even when it's tiny and takes only a few seconds — the joy effect for us is BIG.

GRATITUDE

TRY THIS:

- List eight things you're grateful for.
- Write three gratitude notes.

WHY?

Studies have shown these exact dosages of gratitude to be optimal for helping us feel more joyful. Do this once a week for max impact. Imagine that! Better yet, try it!

REFRAMING

TRY THIS:

- List three potential 'bright sides' to a problem you're facing.
- Ask yourself, five years from now, will the thing that is bothering you still matter?
- Think of one of your heroes. How might they see your situation?

WHY?

Studies show that looking for "silver linings" actually does help us feel better. And when we notice one silver lining, we're more likely to notice others!

CONNECTION

TRY THIS:

- Send a friend a message that will make them smile.
- Tell a someone close about something small or large that you're struggling with.
- Tell someone you're grateful or do an act of kindness for them.

WHY?

The science is clear: the single most significant predictor of mental and physical health is the amount and quality of human connections we have. We were all born to connect!

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