



## 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:

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### EXPRESS GRATITUDE

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

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### SHIFT PERSPECTIVE

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

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### CONNECT TOGETHER

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

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### DO KINDNESS

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

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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.

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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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