

Cultivating Joy.

Discover new lessons every day which can be completed in around 5-10 minutes.



Monday	Tuesday	Wednesday	Thursday	Friday
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[Reflecting on What Brings You Joy](#)
(2m 9s)

[The Feel Good Factor](#)
(2m 31s)
[Enjoy Yourself](#)
(2m 3s)

[Recognizing Passions](#)
(2m 54s)

[Ikigai: Your Reason for Living](#)
(3m 12s)

Activity:
List three moments of joy from the past week

[Being Present](#)
(3m 27s)

Activity:
Take three minutes to tidy and declutter your workspace. How do you feel once you’ve done this?

[Practice Empathy and Compassion](#)
(2m 47s)

[Enjoy and Achieve, at Home and at Work](#)
(3m 49s)

Activity:
List three moments of joy from the past week

[Stress Spiral: Don’t Overdo, Either Achieve or Enjoy](#)
(9m 43s)

[Developing a Mindset of Wishing the Best for Others](#)
(2m 41s)
Activity:
Block off 5 minutes next week to send a note of gratitude or well wishes to a colleague

[Balancing Personal Time for Yourself and Others](#)
(1m 58s)

[The Science of a Great Day](#)
(4m 22s)
Activity:
List three moments of joy from the past week

Reflection:
What were your biggest takeaways from the Cultivating Joy challenge?