

# Rx For Joy

- 1) Don't be weighed down by things that drain your energy!  
If it doesn't bring you joy, chuck it, change it or Rearrange it!
- 2) Create a Joy Extension Program - Linger Longer.
- 3) Have an Attitude of Gratitude. Keep a Joy Journal. List 3 things that made you happy today!
- 4) Use these Peace-Producing Phrases:  
I love you.  
Thank you!  
Forgive me.  
I Forgive you.
- 5) Find the humor in life. Live Long... Laugh Lots!
- 6) Don't turn a Bad Moment into a Bad Day.
- 7) Surround yourself with Happy People. Take an honest Inventory of your friends.  
Identify who makes you happy and spend more Time with them.
- 8) Today Be Aware of Positive Emotional Experiences. Grab Them. Savor Them. Celebrate Them.
- 9) Spend a few moments each day thinking of the things that make you happy.
- 10) Make a list of no cost and low cost things that bring you joy.  
Commit to doing at least one thing per day.
- 11) Create joyful routines and do them often.
- 12) Remember, you are entitled to Joy - to Feel IT, to Create IT and to Express IT.