

MONDAY MOMENTS



NEW DAY · NEW WEEK · NEW GOAL

Monthly Theme: **Get Happy** Week 2: **Find Joy**



“Sometimes the source of your joy is your smile but sometimes your smile is the source of your joy.” Thich Nhat Hahn, Vietnamese Monk



What are some moments that bring FUN and JOY into your life?



A JOYFUL Note – A research study (by Y. Ferguson and K. Sheldon) showed that listening to 12 minutes of positive music a day boosts positive emotions. Make a playlist of songs that make you HAPPY. Consider playing songs from your playlist during work or transition times.