

Spiritual Development: Part 6

Exercises for Increased Joy

By Naomi Freeman

Joyful Events in Your Life:

1)

2)

3)

4)

5)

Accompanying Feeling:

1)

2)

3)

4)

5)

Summary:

- 1) Sense of Purpose
- 2) Sense of Accomplishment
- 3) Focus on Enjoyable Things
- 4) Love is Supportive of Joy
- 5) Giving and Helping Others
- 6) Gratefulness Meditation