



Hello JOY!

Week 4

www.Arttherapycentersf.com



Name one thing which brought you
joy this week.

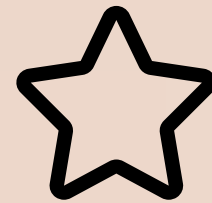
Put your answer in the chat.

What You Can Expect



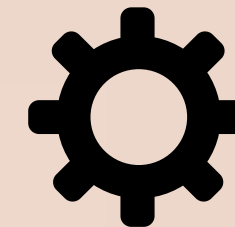
Knowledge

Create awareness
about bring joy to the
people and places
around you.



Tools for Change

Learn proven
techniques to
create joy within
and without.



New Relationship to thoughts

Daily practice of
writing, art, and
scheduling.

Timeline

JOYFUL THOUGHTS

JOYFUL ACTION

WEEK
01

WEEK
02

WEEK
03

WEEK
04

JOYFUL SELF

JOYFUL SPIRIT



Find a place inside
where there's joy,
and the joy will burn
out the pain.

Joseph Campbell



What is your current relationship with joy?

What would you like your relationship to
be?

(enemy, stranger, acquaintance, casual friend, good friend, best
friend, constant companion)

Put your answer in the chat.



Creating joy
in all aspects
of life

www.Arttherapycentersf.com



Joy comes in many forms

Joyful Thoughts

Joyful Feelings

Joyful Actions

Joyful Spirit

Joyful Values



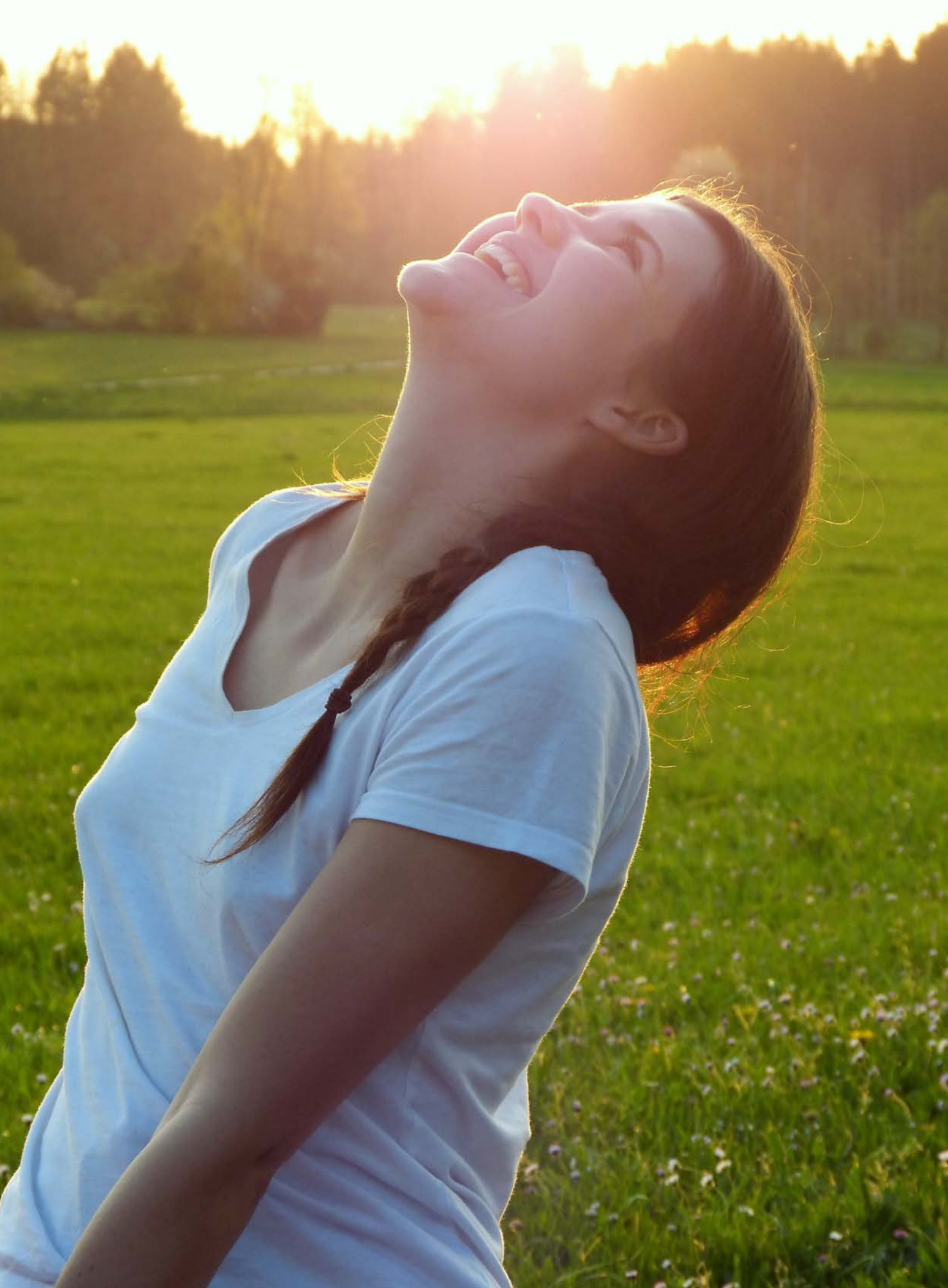
Joyful Thoughts

I love this.
This makes me happy.
I want to do more of this.
I am choosing joy.
What is going right?
How can I bring more joy?
How can I seek & find more
joy?

A vertical strip on the left side of the slide features a vibrant pink background with a dense, sparkling texture of fine white and light pink glitter particles.

How can I seek & find more joy?

- Expect joy.
- Trust joy is always there for you.
- Take opportunities to have joy.
- Give joy to others (loved ones and strangers).
- Schedule joyful thoughts 3x a day until it becomes automatic.
- Practice, practice, practice.



Joyful Feelings

Joy
Curious
Happy
Bliss
Ecstasy
Pleasure
Trust
Gratitude

Appreciation
Love
Proud
Brave
Excitement
Silly
Playful
Peace





UMA NOTA











Joyful Actions

Flow

Laughter

Suspend disbelief

Living your values

Service

Giving

Kindness

Curiosity

Surroundings

Nature

Romance

Make art

Look at art

Exercise









Joyful Spirit

Present Moment Awareness

Meditation

Prayer

Nature

Art

Travel

Being alone

Being with the right people





Adding Joy to Your Values

Friendship

Family

Health

Self care

Work

School

Community

Parenting

Romantic Partner

Creativity

Education

Environment



Value of Joy example

Value of Parenting

I am committed to having joy, fun and making sure my son feels unconditional love from me.

Once a month, my son and I have ice cream for dinner.

I play video games with him and he plays cards with me.



Value of Joy example

Value of Romantic Partner

I am committed to bringing joy to my relationship through laughter, gratitude, exploring, and shared love of our son.

We go out 2-4x a month for coffee dates, have dinner together each night, and travel together a few times a year. We share a sense of humor.



Pick one value domain where you want to
bring more joy.

(Friendship, Family, Health, Self-Care, Work, School,
Community, Parenting, Romantic Partner, Creativity,
Education, Environment)

Put your answer in the chat.



Imagine Joyful
You!

www.Arttherapycentersf.com





What will you do to bring joy to this area
of your life?

Put your answer in the chat.

My Joy Journey





Creating a joyful spirit

www.Arttherapycentersf.com



Joyful Creations

- Materials: paper and pen/markers/colored pencils.
- Create just one line which represents joy to you.
- Avoid thinking too long and just be spontaneous.
- Title your art.
- Three words to describe the art or the feeling.



Joyful Self Care

Sleep

Nutrition

Sex

Self Expression

Positive Relationships

Value Focusd Action

Spiritual Connection

Make a Commitment

noun: the state or quality of being dedicated to
a cause or activity

verb: actions which reflect your values

- **Committed action** is behaving in a way of your choosing. And this month, you choose joy!
- **Behavior change** respond differently, try a new thought or behavior in line with your value.



Research says...

Success follows a pattern

Consistency
Habit making
Enjoyment
Planning





Homework Example

www.Arttherapycentersf.com



Your Inspired Action

20 minutes a day will give you
more than enough time to
complete tasks this week.

1

**Joyful
World**

2

**Starts
with
you**

3

**Action
Plan**

4

**Creative
Expression
& Reflection**

Creating a Joyful World

pg. 51

- "What is my vision for more joy in my world?"
- Imagine if you and others used joy to enhance business, make money, raise children, and build happy relationships?
- Recalibrate when your mind judges.





Example: Creating a Joyful World

- Work: My work is fun and I work with people who have shared values.
- Home: I have a happy family who grows together and supports one another.
- Community: I have fun in my neighborhood.
- Money: I earn, save and spend with joy.
- Art: I create art with freedom and joy.



Begin with Yourself pg. 52

- Action plan!
- Cultivate more joy towards yourself and others.
- Brainstorm - quick, lots of ideas, zero judgement.
- Recalibrate when your mind judges.



Example: Begin with yourself

- I share joy with people in my work - smiling, teaching joy, complementing people on joyful statements & actions.
- I share joy in my community - say hello to neighbors.
- I start each day with positive statements.
- I avoid the news on TV.
- I smile - even under my mask.



Joyful Action Plan pg. 53

- Two actions to increasing your joy.
- Be specific (what, how, who, when).
- Small (1-2 minutes) completed each day.
- Schedule it!



Example: Joyful Action Plan

- I sing out loud a happy song each morning while I make coffee.
- I stretch and jump up and down as soon as I wake up.
- I tell my friends they are beautiful and send happy texts before lunch.
- I check my emails to make sure I include something joyful before I hit send.



Visual Expression pg.54

- Depict some aspect of bringing joy to the world.
- It could range from just one line to a fully fleshed-out, abstract or representational picture.
- Be spontaneous!



Example: Visual Expression

Title: Beautiful Find

Three words or phrases:

Happy discovery

Beauty is everywhere

I find it when I look for it

How I feel: joyful, curious, happy



Week in Reflection pg. 55

- Reflect on what you have learned about your responsibility and commitment to bring joy to the world.
- Appreciate your strengths, and focus on your positive actions.
- Notice alignment with joy.
- Avoid judgment.



Example: Reflection

- Consciously bringing joy to the world brings me joy as well.
- Focusing on my discomfort makes me others and myself uncomfortable.
- I experienced more flow in my work and art making.
- I continued to focus on being kind to myself when I was feeling uncomfortable or having thoughts of self doubt.

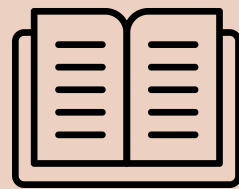
.



Name one way you will cultivate joy
today.

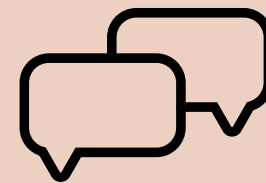
Put your answer in the chat.

What To Do Next



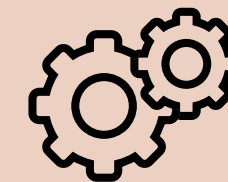
Review

Review your week last week and be sure to reflect on your successes.



Make the commitment

Schedule 20 minutes a day & mark it in your planner.



Week 4

Read and complete Week 4 exercises and complete worksheets.



Want More?

For supplemental inspiration about your values
and self kindness, find me each Friday at noon
PST on IG live @dramybackos

Sign up for therapy or
try out my mini-coaching package.

www.arttherapycentersf.com

Mini Coaching Package

Fun - quick - easy!



Save \$500
Coupon code
"ValueCoaching"

\$1500 package
for \$1000

Arttherapycentersf.com

You, yourself, as much as
anybody in the entire
universe, deserve your
love and affection.

Buddha

www.Arttherapycentersf.com



Thank you!

www.Arttherapycentersf.com