



Feeling Good with Dr. Peggy - the Gratitude Psychologist

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“Practicing Joy” – An Important Component of Happiness

1. Become aware of and attack the thoughts, or excuses, that are interfering with your ability to do what makes your soul happy. “I’m too busy,” “My kids come first,” “That’s selfish,” “I don’t deserve it.”
2. Practice positive affirmations around doing what makes your soul happy: “Doing what makes my soul happy helps me to be my best self,” “My elevated mood helps to elevate the mood of those around me,” “Doing what makes me happy improves my physical health.”
3. When thinking about what brings you joy, consider what you may have previously enjoyed, but stop doing for one reason or another. Maybe you used to play piano, paint, knit, dance, ride your bike, play guitar, or write poetry.
4. Make a weekly appointment with yourself and KEEP it. You are in charge of your life. It is up to you to make the time for enjoyment.
5. Find something that you can do every day for at least five minutes that you can engage in on your busiest of days.
6. Address any barriers that may interfere with following through. You may need to rearrange your schedule, arrange for child care, etc.
7. Shift your thinking to find gratitude or love during the most busy/difficult days.

List and *schedule* activities that bring you joy that...

Only take a few minutes

Take 30-60 minutes

Take half day or full day