

YOUuniversal PROSPERITY

Happiness! Spiritual Practice

Joy List!

Take some time to write down a list of things that you enjoy doing. List things that you can do in 5 minutes, 15 minutes, 30 minutes, one hour, a half day, and a full day.

When you notice yourself feeling down, consult your list and depending on how much time you can manage, insert something you enjoy doing into your day.

This can be a fast way to start feeling better and it makes you very conscious of making sure you are making happiness part of your everyday spiritual practice.