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EXERCISE A MOMENT OF JOY

An exercise by author Ryan Kamori

Unlike most of us are taught, joy isn't something you fall into when you're lucky. Joy is a practice. It's a habit. Begin the practice of joy in your own life by take time to savor the moments that help you love and care for yourself.

DAY 01

If you can, walk instead of drive to work. Notice what you see and feel. Think about what you could have missed out on by rushing to get to work instead of taking your time to experience this different journey.

DAY 02

DAY 03

Take 15-20 to sit still at your desk or your home. Listen to your favorite album, book, or podcast. Notice how good it feels to slow down in the middle of a busy day and do something just for yourself.

DAY 04

DAY 05

DAY 06

Schedule some time to be alone in your home and do something special for yourself. You could take a bath, read a book, or work on a project you haven't had time for. Notice how your perspective changes when you prioritize alone time.

DAY 07



EXPERT TIP:

Noticing joy doesn't always come easily, and we're not taught many skill surrounding how to take joy in small things. Be gentle with yourself as you learn this practice. Nothing happens over night.

At the end of seven days, assess how noticing small moments and protecting your time have effected you. How do you feel? How can you share your journey with others?