The Ten Themes of Awakening Joy
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www.awakeningjoy.info

1) Intention — Incline your mind towards more well-being, happiness, or joy. Invite it, allow it, and recognize it when it’s here.

2) Mindfulness — Be present for what is actually happening in your experience in this moment. Especially notice a moment of well-being when it’s here. (We more naturally tend to focus on the negative.) Don’t miss those moments! Really drink them in.

3) Gratitude — Consciously reflect on all the blessings in your life. Be mindful of the feeling of gratitude in your body. Express your appreciation directly to others whenever you feel it.

4) Open to life’s difficulties with compassion, kindness, and patience. When going through a difficult period, such as grieving or fear, honor it. Be right where you are. Feel what you’re feeling. Remember you are not alone. Suffering is part of life. We all are given our share of sorrow. Use practices like Mindful Self-Compassion or RAIN to skillfully work with difficult feelings as they arise.

5) Integrity — Consciously stay in touch with how good it feels to make wise choices that are aligned with your highest values.

6) The Joy of Letting Go — Practice letting go of your stories, expectations, imagined control, that take you out of balance. Practice the most joyful expression of letting go: cultivating generosity.

7) Learning to Love Ourselves — Practice forgiveness towards yourself for any ways you think of yourself as not good enough. Be kind to yourself. Appreciate and celebrate your wholesome qualities.

8) Joy of Connection — Practice forgiveness towards others. Practice kindness, both towards those you know well and those you don’t.

9) Compassionate Action — Find ways to relieve the suffering around you. Be a caring witness without trying to fix the other person.

10) The Joy of Being — Get out of the doing mode and open to the joy of just relaxing and being present. Practice balance in the face of challenges. Surrender the control you never had and listen to the rhythm of your life as it naturally unfolds to help you develop trust and be in harmony with life.