

# Wisdom Café - December 7, 2022 - What brings you joy?

## What is your association with the word joy?

- Joy brings exhilaration to my being
- Joy brings happiness
- Joy comes from a relationship that fulfills you
- Joy is the exuberance of a child at Christmas
- Joy is waking up to a new picture each day of my grandchild who lives in DC
- Joy is watching the birds outside
- Joy is something that you can share with others

## Do you feel that joy and happiness are the same?

- I think joy is pleasure and happiness
- I think happiness is more than joy. Happiness comes from outside. Joy comes from inner being
- I am realizing the older I get, I derive more joy from simple things
- Joy comes from stopping what you are doing and being mindful, like watching the squirrels outside.

## What gives you joy?

- I enjoy nature – as we retire, we have more time to enjoy the simple things
- I enjoy joining a Bulgarian choir - singing folksong and connecting with fellow people from Bulgaria.

## What are you when you are your most joyful self?

- I have been studying enneagrams. They discuss who you really are when you are healthy, and where you go when you are not. It teaches you about different personalities. To take a free personality test, go <https://personalitypath.com/free-enneagram-personality-test/>
- When I am grateful, I find joy. I have a grateful jar. Each day I try to write down one “kodak moment”. Each January 1<sup>st</sup>, I start the year reading all the things I am grateful for.

## Name some things you are grateful for.

- Music, dogs, family
- Helping others, grandkids
- Learning new things, teaching youth
- Nature, travel
- Pulling weeds in the late afternoon in the shade