



## ~~ JOY PROMPTS ~~

### **Personal “Wellth”- Nourishment, Move Your Body, Recharge**

What eating plan brings you vitality and energy? How do you like to move your body and what do you find pleasure in doing? What rituals allow you to pause and fill the senses when you eat? How much rest do you need each night? How can you take breaks during your workday?

### **Passion - Causes, Creative Pursuits, Curiosity, & Gifts**

What do you believe in strongly and want to find out about? Are there issues you love to share with other people? What makes you want to join with others to make a difference? Where do you find yourself enjoying design and beauty, even in daily life activities? How do you make a difference in the world? What can you not help yourself from doing for others?

### **Prosperity - Formula for Enough, Ways to Share, Gratitude**

What is your belief system around money? How do you define “enough”? What do you need to have to feel secure and confident that you can pursue your best life? How do you like to share your time, talent, and treasure with others? What gratitude practice do you find easy and enjoyable to stick to?

### **Play Time - What I Love to Do, ME Time, Vacations, Treats**

How do you like to recharge your tank? What is pleasurable & fun? What would be your ideal day with no judgment about what you “should” do? How would you plan an ideal vacation?

### **People - Tribe (Community), Teachers, Companions**

Who are the people with whom you love to spend time? Who fills you up, energizes you, and challenges you to be your best? What are the traits of your tribe - how do you recognize them? Do you have regular gatherings of your tribe? Who is a bit further down the path who can help you? What do you look for in a companion?

### **Perfect Lifestyle - Daily Rhythm, Rituals, Home & Office Environment, Climate/Location, Work with Passion & Ease**

If you could wave a magic wand and have your day unfold exactly as you want, what would that look like? What would be your morning and evening routines? What do you need to absolutely love your work and home space? If you could be paid to do what you love to do, what would that be? How could work feel more like play? Do you love the location where you live? Is it the ideal weather and type of community?