

Finding Joy in Everyday Life

Explore lessons about seeking happiness, whether it be at work or at home. Remember to always spread joy through **laughter!**



UNIVERSITY OF DELAWARE
HUMAN RESOURCES

Monday	Wednesday	Friday	Activity
Choose Happiness (3m 52s)	The Feel Good Factor (2m 31s)	Ikigai: Your reason for living (3m 12s)	<p>Reflect on your Ikigai: understand your passion, mission, vocation, and profession. Are there intersections between the four? What can you incorporate your reason for being to your job? How can you monetize your interests?</p>
Being Present (3m 27s)	The Science of a Great Day (4m 22s)	Enjoy and Achieve, at Home and at Work (3m 49s)	<p>Complete the form from "Enjoy and Achieve, at Home and at Work". Find a balance between enjoy and achieve. Aim to complete those goals by a specific deadline. Continuously reflect on and update the goals sheet!</p>
Recognizing Passions (2m 53s)	Enjoy Yourself (2m 3s)	Developing a Mindset of Wishing the Best for Others (2m 41s)	<p>Practice gratitude for 5 minutes this week. Send a thank you or well wishes note to a colleague or to a friend. What have they done for you that you can do for others? Practice give and take.</p>