

Like so many others, at various times, we've faced unexpected family losses, overcome serious illness and near-death accidents, had failed relationships and financial hardships, and yes, been stuck in a rut. Despite these unforeseen circumstances in our own lives, we've had to find ways to move forward. We took time to reflect, learn, and grow from these challenges and discovered that joy shows up in unexpected ways. We learned to be more grateful for what we have, value and express love to those who matter and look for the good in whatever hardships pop up. Over time, we noticed that we became more resilient, appreciative, and optimistic, even in the face of life's curveballs, and that joy was ever-present. In short, we found what we call *joy gems*.

Noticing life's little pleasures and acts of kindness is an evolving practice wherever we go. Fortunately, joy gems are everywhere if we look for them. They can appear at any time, like a ray of sunshine, a cup of coffee in the morning, flowers from a friend, a hug from a loved one, or a good night's sleep. They are the little things in life that are often taken for granted and, therefore, go unnoticed. Joy-filled moments give us energy and resilience to cope with life's demands. And so, we purposefully continue to look for joy gems and engage in activities that make us feel good.

Play, Dabble, and Spark Joy

The purpose of *Joy Cards* is to take you on a joy journey to discover and experience simple pleasures (*joy gems*) that lift you up, make you laugh out loud, and add spontaneity back into your life. When you are joyful at your core, it radiates out. The *Joy Cards* act as a catalyst to spark fun in unexpected ways. Get your joy back.

Joy Cards are a long-term solution for managing stress and anxiety if practiced regularly. These activities, including Be Grateful, Travel Light, Love to Love, Manifest Positive Vibes, Joy Pages, and Smile, to name a few, have been tried and tested both personally by us and professionally with thousands of participants during Michelle's coaching and training sessions. They have proven to be hugely successful.

Introducing JOY BACK INTO YOUR LIFE



One MOMENT at A TIME

By Michelle Burke and Lilamani de Silva

Participants rave about these creative and unusual activities, sharing that they gain the positive results of feeling more energized, becoming more grateful, and noticing how to minimize the negative mind chatter.

One specific example is from an engineer who wrote a love letter to his wife during an activity in a training program, and on the next day of training, he shared that his wife was overwhelmed with joy and how it reignited a spark in their twenty-year marriage.

Another client started smiling at every person she saw on her evening walks. She noticed that people smiled back, and even when they didn't, she still felt good inside. Participant evaluations showed that these activities helped them recognize more joy and feel less stressed. Many declared that they would continue to practice these activities at home because it was making a positive difference in their mood, relationships, and energy levels. Our research and personal experience show that being joy-filled is essential for our self-care and well-being.

The deck of *Joy Cards* is divided into four categories: mind, heart, body, and soul (twelve cards in each category). Each category focuses on a different aspect of our lives, using a holistic approach to promote positivity and well-being. The cards feature a variety of activities ranging from whimsical to energizing, along with content highlighting the health benefits. The Joy Card activities encourage various ways to experience joy. It's an opportunity to fill our lives with more love, laughter, and fun. Joy makes our busy days better.

A description of each card includes the scientifically proven health benefits of that joy activity. The purpose is to give you a greater understanding of the value of practicing joy-filled activities. Learn how the mere act of doing, thinking, and engaging in a daily joy ritual (even for as little as fifteen minutes) has the power to boost the immune system and your mood, rewire neural pathways, and inspire a positive outlook to experience more joy. Our physiology is linked to our emotions; therefore, engaging in activities that feel good naturally brings us to a state of contentment. Our hope is that the *Joy Cards* inspire you to find joy in your daily life and, in return, spread joy to as many people as possible.



Michelle Burke is a sought-after leadership coach, facilitator, speaker, and founder and CEO of Energy Catalyst Group, a consulting and training company for well-being. Over her twenty-year career, she gained a deep appreciation and perspective

working with people and cultures from all walks of life. Michelle has trained thousands of participants to make positive change—bridging communication gaps getting in the way of a thriving workplace and a joy-filled life. Her mindfulness coaching helps women to be empowered and promoted into leadership roles. Garnering rave reviews, clients include Stanford University, Microsoft, Sony PlayStation, Snap Inc., and HP. She's been featured in *Business Week Magazine*, *Los Angeles Times*, *San Francisco Chronicle*, and *Wall Street Journal*. Michelle is author of *The Valuable Office Professional* and coauthor of *15 Minute Pause: A Radical Reboot for Busy People*. She partnered with coauthor Lilamani de Silva to create *Joy Cards*, *Personology™* games, and *Teambuilder™*, a card game to build collaboration. Michelle enjoys time with loved ones, cooking, fun adventures, reading, sports, and walking her dog Jadie.

NOTICING LIFE'S LITTLE PLEASURES AND ACTS OF KINDNESS IS AN EVOLVING PRACTICE WHEREVER WE GO.



Lilamani de Silva, MSc, has had an eclectic career across multiple industries, including media relations, TV production, and the creation of innovative products for home, work, and play with coauthor Michelle Burke. She also worked for BBC

World and has helped produce documentaries for Discovery, Animal Planet, and ITV. An avid self-taught painter, Lilamani has sold her artwork worldwide. Her paintings illustrate *Joy Cards*. Her many experiences have opened her mind to different cultures and perspectives, which are reflected in her artwork and other projects. In her spare time, Lilamani enjoys being active, traveling, reading, painting, and spending time with loved ones.

Learn more about the authors Michelle Burke and Lilamani de Silva and the *Joy Cards* by visiting: <https://energycatalystgroup.com/joy-cards/>.