



Explore & Learn

December 2019 Focus on Joy

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Name _____

Employee ID _____

Relationship (Check ONE): ☐ Employee ☐ Spouse

We are in full swing this holiday season! Between fighting the holiday traffic and fighting the holiday shopping crowds, it can be easy to lose our cool AND our holiday spirit.

This month, take a moment (or several) to focus on joy. What does it mean to you and how can we hang on to that feeling throughout the holiday season and beyond?

Self-Reflection

What does "joy" mean to you?

Why is it important to you?

Give one example of how you can show joy to others this holiday season.

When you have been less than joyful, how can you re-center?

What are two ways you can bring joy into the new year?