



10 TIPS FOR FINDING JOY THIS FESTIVE SEASON

1. Focus on what "YOU" can control
 2. Stop waiting to be "HAPPY"
 3. Reflect on the good things in "YOUR" life
 4. Celebrate the small "WINS"
 5. Laugh regularly
 6. Be still & be in the "MOMENT"
 7. Connect with those who make you "SMILE"
 8. Practice "GRATITUDE"
 9. "INTERUPPT" negative thought patterns
 10. Do more of what makes you "HAPPY"
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