



# A Joy Filled Life

Your invitation to a  
Year of Joy



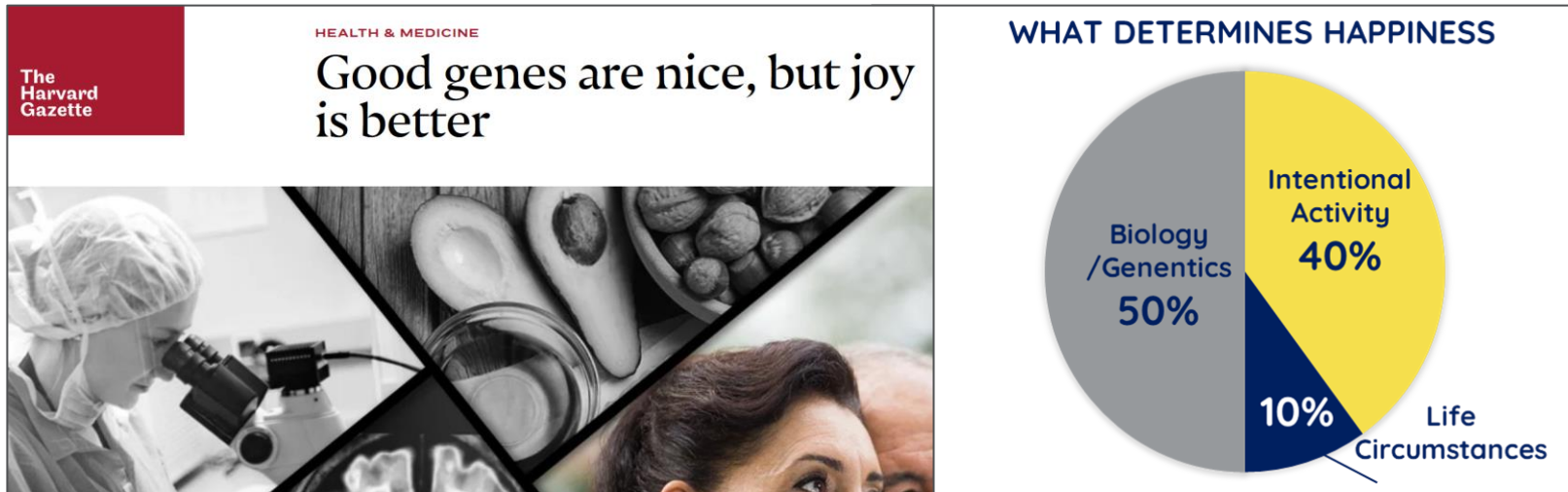
The Art and  
Science of Joy

Quirk's Los Angeles 2023



# Why Joy is so important, now more than ever?

*“Joy does not simply happen. We have to choose joy and keep choosing it every day.”* - Henri Nouwen



In these unprecedented times, **joy is a muscle** we need to build as it makes us resilient, resistant to disturbances, and emotionally and physically healthy.



*“Let your joy be in your journey,  
not in some distant goal”*

- Tim Cook

JOY



Fear

Hopelessness

Anxiety

Negativity

Hate

Withdrawal





Courage


Hope

Optimism

Positivity

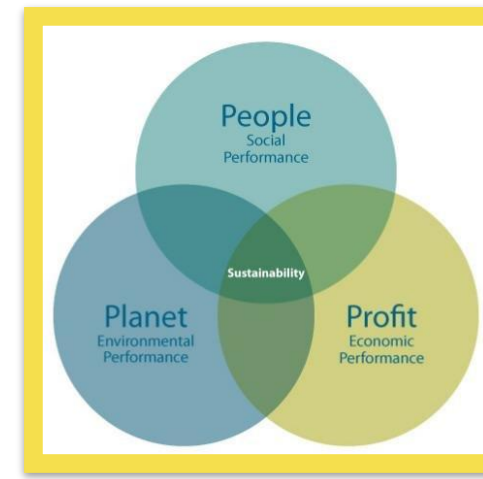
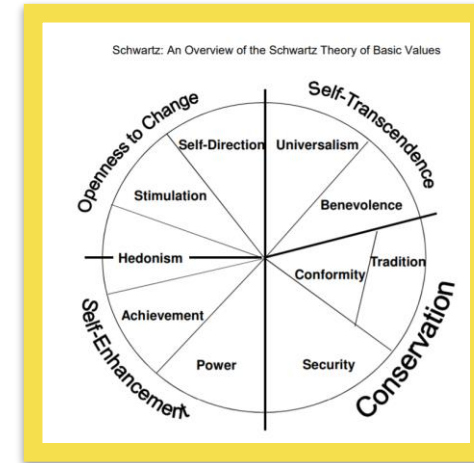
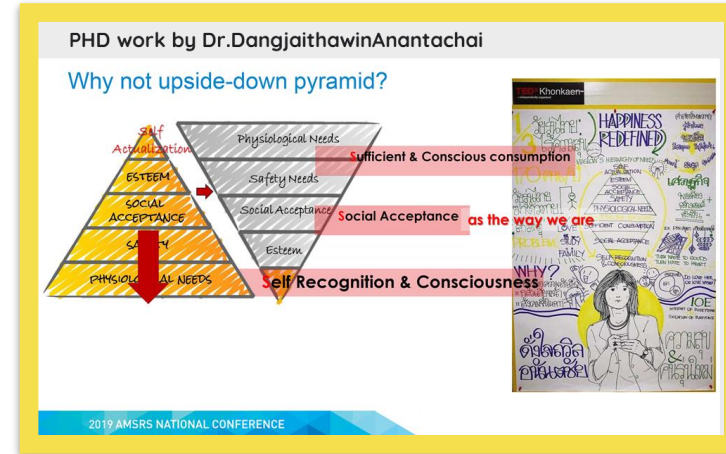
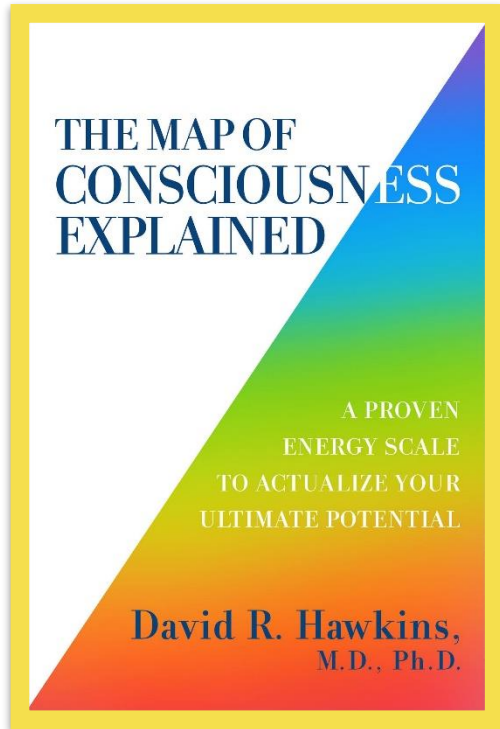
Love

Belonging



JOY

# Creating the Recipe for Joy model





# Meet the Joy Recipe

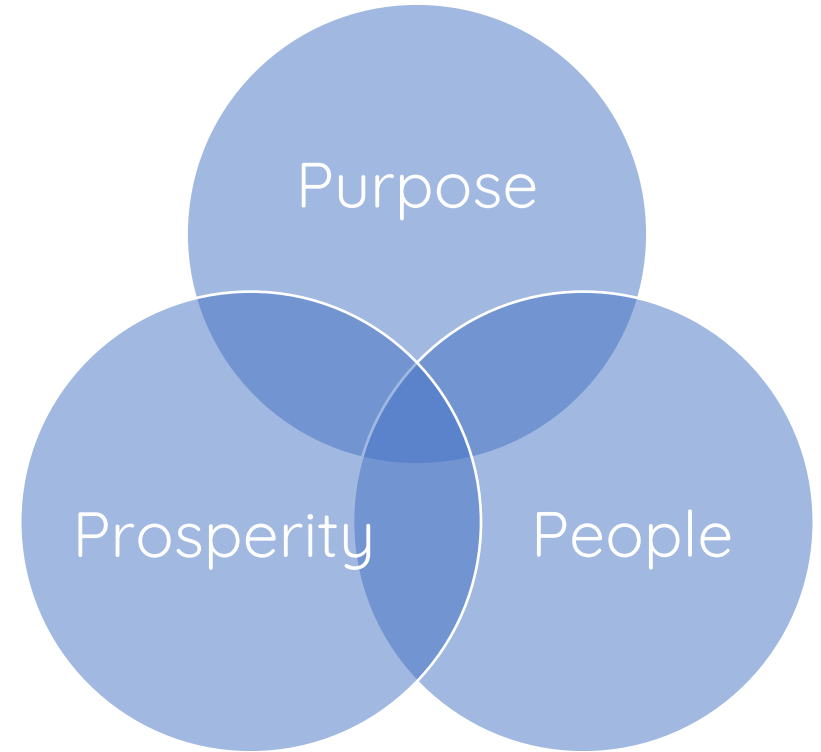
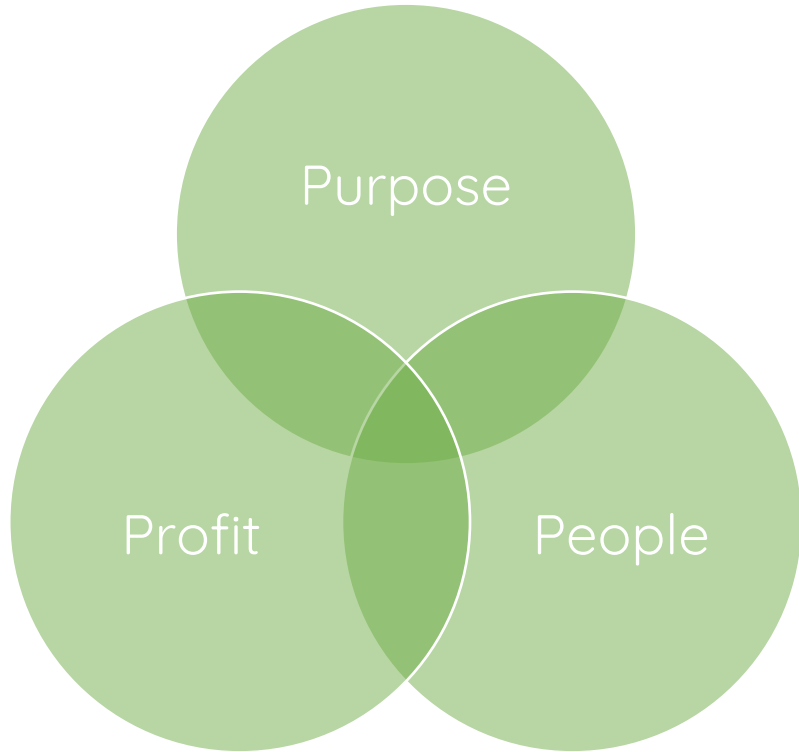
**Joy** is a muscle we can build if we have the right ingredients



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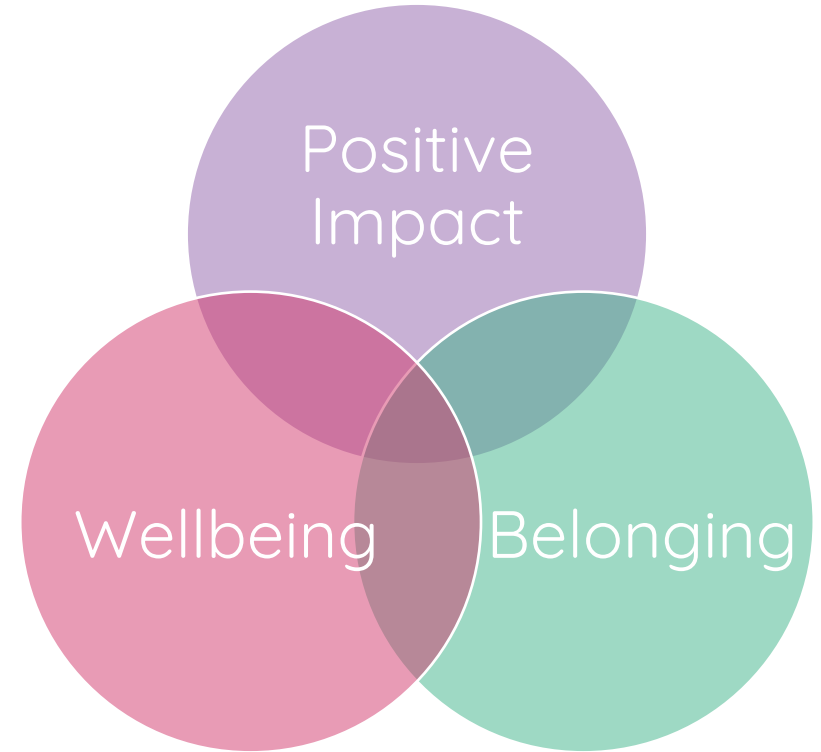
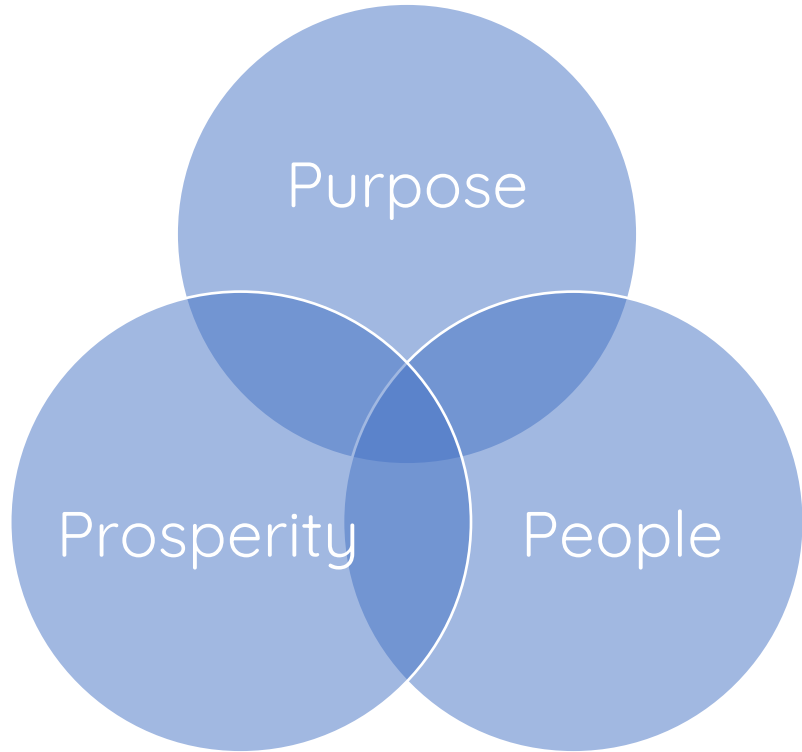


# Creating the **Recipe for Joy** model





# Creating the **Recipe for Joy** model



# The Recipe for a Joy-filled Life



Wellbeing



Belonging



Positive  
Impact



Fun



# Joy Recipe Items

Wellbeing

Belonging

Positive Impact

Fun

# Joy Recipe Ingredients

Emotional

Family

Positive  
Impact on the  
planet

Hobbies

Mental

Friends

Positive  
Impact on  
other people

Entertainment

Physical

Community

Spiritual

Work / Study



# Meet the Joy Scorecard

**Joy** is a muscle we can build if we have the right ingredients



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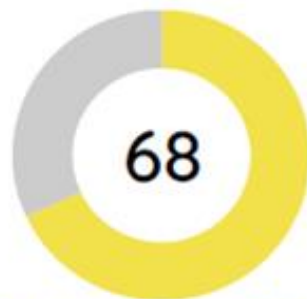






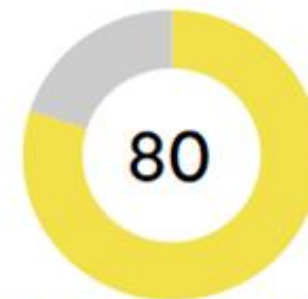
# My Joy Barometer

MY JOY SCORE



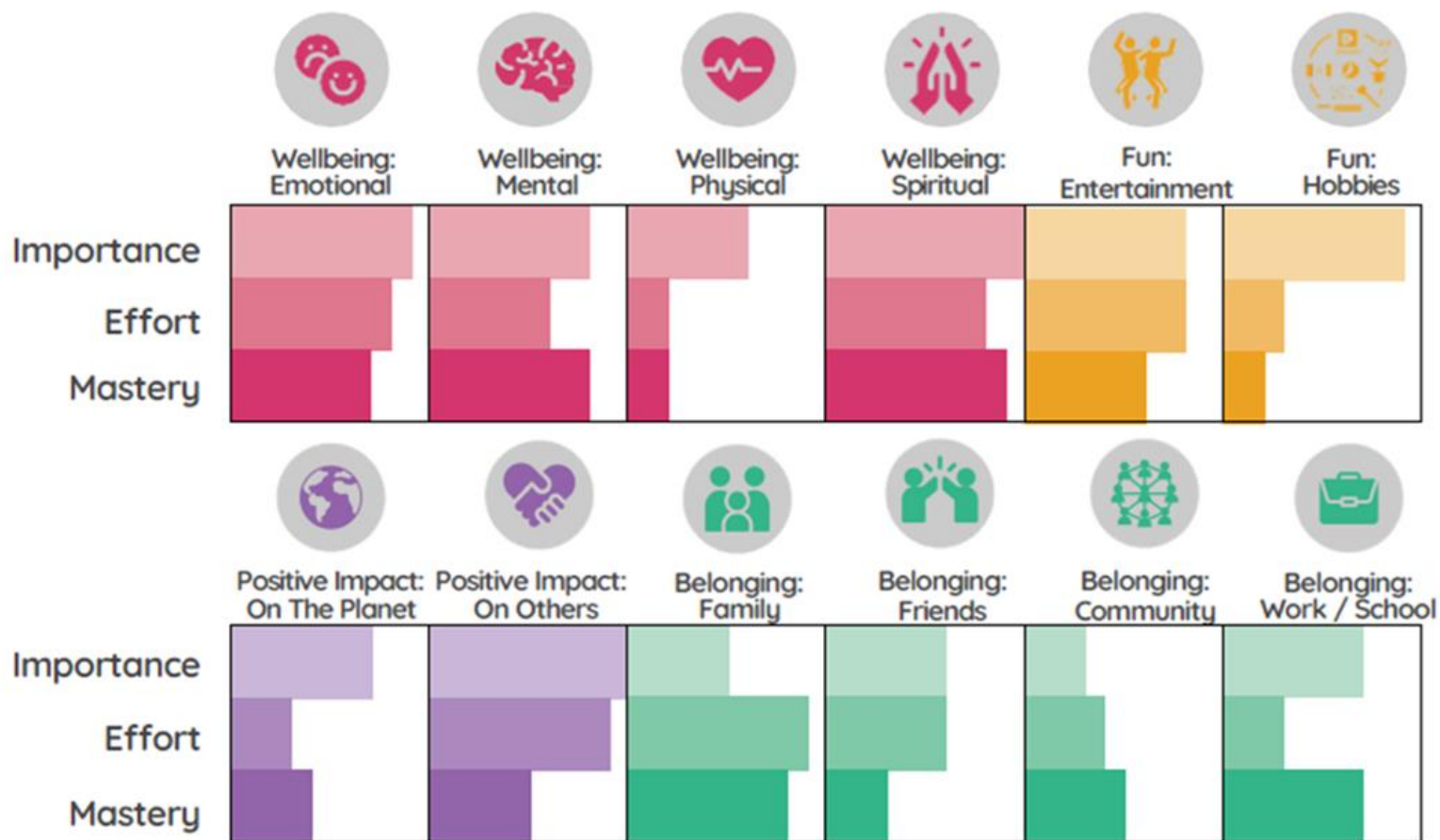
A recipe for a joy-filled life

MY FEELING OF JOY



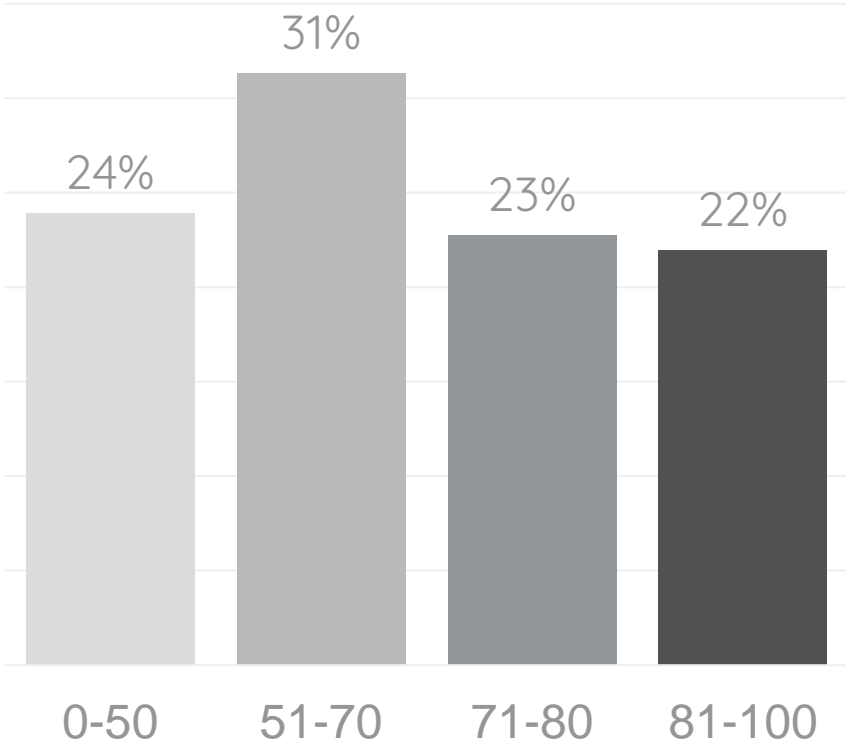
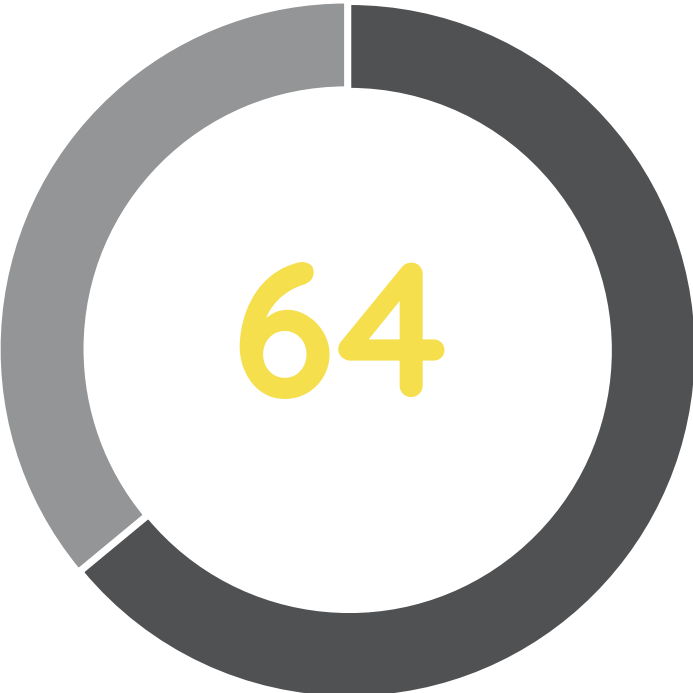
## HOW TO INTERPRET YOUR JOY BAROMETER SCORECARD

- o **Your Joy Score** is a number between 0 and 100, and shows how joyfully you are living based on your answers to the Joy Barometer survey and takes into account how important you consider each joy ingredient to be as well as your level of mastery.
- o **Your feeling of Joy** number shows how joyfully you feel you are living today on a scale 0 to 100 (0 = not at all, 100 = extremely).
- o Use your Joy Barometer Scorecard to help you set your intentions, goals and plans for bringing more joy to your own life, as well as the lives of others. For inspiration visit [www.theartandscienceofjoy.com](http://www.theartandscienceofjoy.com) or follow us on social media.



**Importance bars** show how important you consider each Joy Ingredient to be. **Effort bars** show how satisfied you are with the time and effort you are putting in. **Mastery bars** show how satisfied you are with the your life on each of the Joy Ingredients. **The longer the bar the more important to you / the more satisfied you are.**

# My Joy Score - Gen Pop





# Welcome to the Year of Joy online community



The Art and  
Science of Joy





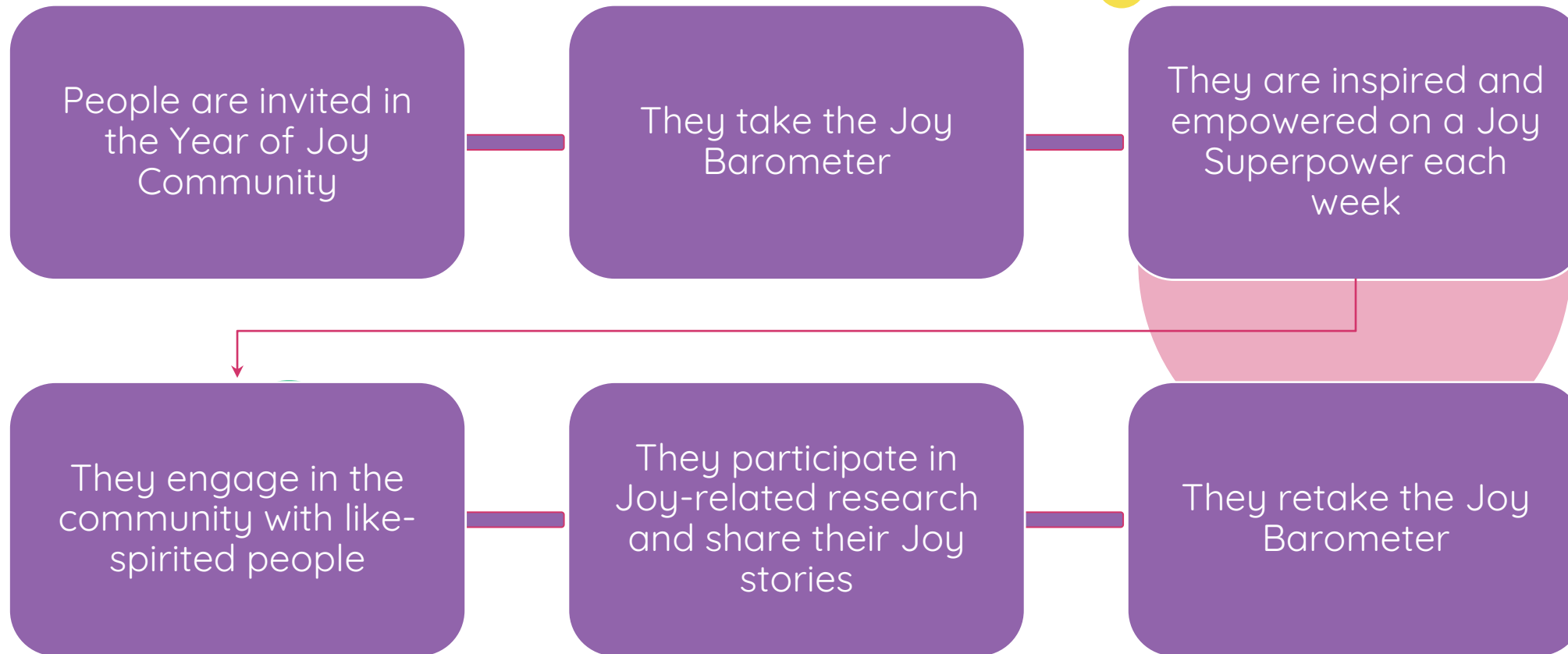


# What is the Year of Joy?



- A year-long free **online community** which opened its doors on **January 17th 2023**, in which:
- **People are empowered to plan for and harvest joy in their lives**
- And through which we **empirically measures** the **power of JOY** to transform people's lives and ultimately the world for the better
- We are partnering with many great companies, including yours, to bring joy to research participants, employees and other stakeholders, as well as more broadly to anyone desiring more joy.

# How the project will work from the Year of Joy community member perspective



**This will be a rewarding and, for some, life-changing experience**



# The Year of Joy Community Landing Page



The screenshot displays the 'Year of Joy' community landing page. At the top, the title 'Year of Joy' is prominently featured in yellow. Navigation links for 'HOME', 'MY TASKS', 'FORUM', and 'FAQS' are visible. A user profile section in the top right shows a profile picture, 'Your profile', 'Messages (1)', and 'Sign out' options. A central banner for the 'YEAR OF JOY LIVE EVENT' is scheduled for January 19th at 8pm EST, 5pm PST, with a 'Register now!' button. Below the banner, the page is organized into several sections: 'Joy Chatroom' with topics like 'Joy Chatroom' and 'Optimism'; 'Joy activities' featuring surveys and polls; 'Joy Superpower' series for weeks 1 through 4; and a 'Joy Leaderboard' showing member activity. A 'Quick Question...' section lists various types of optimists with 0% completion rates. The page is decorated with colorful abstract graphics and photos of people.

## Year of Joy

HOME MY TASKS FORUM FAQS

### YEAR OF JOY LIVE EVENT

January 19th at 8pm EST, 5pm PST  
Join Us for an Hour of Optimism and Joy!  
[Register now!](#)

#### Joy Chatroom

**Joy Chatroom**  
Last post by yudians  
01 16 2023 11:43  
Total (144) | Since last login (141)

**Optimism**  
No posts yet

[See all topics](#)

#### Joy activities

Invite to FlexMR survey: Sources of your optimism?

New poll - The best Gratitude Practice for you?

Invite to FlexMR survey: What Makes YOU Optimistic?

New poll - How often do you keep a journal?

New poll - Have you made any New

[Visit your personal space](#)

#### Joy Superpower

Week 1: Joy  
[Click here](#)

Week 2: Optimism  
[Coming soon!](#)

#### Joy Superpower

Week 3: Gratitude  
[Coming soon!](#)

#### Joy Superpower

Week 4: Kindness  
[Coming soon!](#)

#### Joy Leaderboard

Members' activity

#### Quick Question...

**What type of optimist are you?**

raging optimist:	0%
abundant optimist:	0%
resilient optimist:	0%
natural optimist:	0%
radical optimist:	0%
purposeful optimist:	0%
audacious optimist:	0%
sparkling optimist:	0%

[See all polls](#)







# Thank you for your interest

We are grateful for your interest in participating in the  
Year of Joy!

Andrew and Debby, creators of The Art and Science of Joy

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