



SONA

# The JOY Expansion

Bringing everything  
together to increase our  
overall happiness and joy!

# JOY

## WEEK 6 – WHAT’S BEEN GOOD?

### What’s been good?

You know this well by now! Write at least 5 things down from this past week which have gone well, anything that’s good. It can be the smallest thing or something big. Please feel free to share them in the Facebook group too in our daily ‘What’s Been Good’ posts, it’s great to see all the positivity.



# JOY

## WEEK 6 – POSITIVE ACTIVITY, INTERACTION & THINKING

You've heard about the importance of positive interaction, activity and thinking, to increase your **serotonin level**. Take a few minutes to note down some examples you have or would like to have in your week. Make sure they are things that makes you feel good, rather than something you think you *should* do.

### **Positive Activity**

### **Positive Interaction**

**Positive Thinking** (When are you thinking more positively, what people / places lift your spirits)

