

# FINDING JOY; EMBRACING LIFE'S MOMENTS

## RESOURCE GUIDE

A curated list of books, talks, practices, and inspiration to help you cultivate joy, presence, and meaning in everyday life.

### Recommended Books

1. **Soul Full: A Daily Devotional for Women — Farrell Mason:** A beautifully written collection of reflections that help you slow down, savor life, and reconnect with your inner light. Perfect for daily grounding.
2. **Let Them — Mel Robbins:** A simple but transformative mindset shift: let people be who they are, let situations unfold, and release the emotional weight of control. Encourages peace, clarity, and joyful detachment.
3. **Die With Zero — Bill Perkins:** A powerful invitation to rethink how you spend time, money, and energy. Encourages living fully now, prioritizing meaningful experiences, and designing a joy-filled life.
4. **The Book of Joy — Dalai Lama & Desmond Tutu:** Two spiritual leaders explore lasting happiness, resilience, and compassion — a warm, uplifting read.

### Podcasts & Talks

1. **Mel Robbins Podcast:** Episodes on mindset, motivation, and emotional freedom — especially helpful for clearing mental clutter.
2. **The Happiness Lab (Dr. Laurie Santos):** Science-backed tools and stories about what truly makes humans happy.
3. **On Being with Krista Tippett:** Deep, soulful conversations about spirituality, connection, and meaning.
4. **TED Talk: "The Habits of Happiness" — Matthieu Ricard:** A Buddhist monk and scientist explains how joy can be trained like a muscle.

### Daily Practices for Cultivating JOY

1. **The JOY Scan (2 minutes):** Ask yourself: What is one small thing I can savor today?; What is one thing I can release?; What is one thing I can look forward to?
2. **The "Let Them" Pause:** When someone frustrates you or expectations aren't met, pause and whisper: "Let them." Give people space to be who they are — and give yourself the gift of peace.
3. **Micro-Ambitions:** Instead of grand goals, choose tiny daily delights: Walk in the sun; Read one inspiring paragraph; Send a gratitude text. Joy builds slowly and consistently.
4. **Experience > Accumulation (From Die With Zero):** Ask: What experience will matter to me at 80? Then, plan the smallest possible version this month.

*"Happiness is not something ready-made. It comes from your own actions."*  
Dalai Lama

*"What you do every day matters more than what you do once in a while."*  
Gretchen Rubin