

The Joyspotter's Guide

Joy is all around you. You just need to look for it.



1

LOOK UP!

Kites, balloons, and shapes in the clouds: joy often comes from things that float or fly.

What joys can you spy up in the sky?

2

LOOK DOWN.

Whether it's confetti from a recent celebration, a rainbow in a puddle, or a funky pair of shoes, sometimes joy is hiding right at your feet.

What joys have you found while looking down?



Joyspotting (n.)

A simple practice of tuning your attention to the joy in your surroundings. Joyspotting is easy, free, and can be done in just a few seconds. And the best part? The more you do it, the more joy you'll start noticing all on your own.



3

KEEP AN OUT FOR COLOR.

"Color is life," said painter Johannes Itten. When you catch a flash of a vibrant hue, notice how it transforms the space around you.

What joyful colors can you find?



5

GO WHERE THE WILD THINGS ARE.

Research tells us that nature is one of the most consistent, and consistently underestimated sources of joy. So stop and smell the roses, listen to the birds, and look for a patch of wildness in the world around you.

What wild joys can you find?

4

FOLLOW THE CURVE.

Circles and spheres, squiggles and waves: curved shapes have a playful quality that softens out the hard edges of the world.

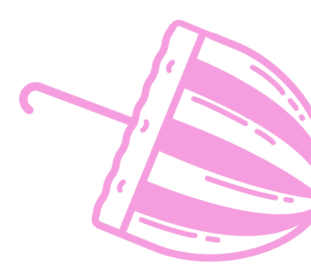
What curves do you notice?

6

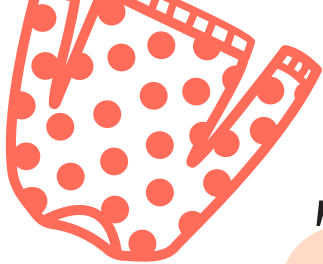
SEEK OUT SYMMETRY.

Whether it's a spiral seashell, a striped awning, or a hidden face, symmetrical shapes and patterns create a sense of harmony amid the randomness of daily life.

Where can you find symmetry in your surroundings?



"IT IS A STARTLING TRUTH THAT HOW YOU SEE AND WHAT YOU SEE DETERMINES WHO AND HOW YOU WILL BE." – John O'Donohue



7

SEARCH FOR SIGNS OF ABUNDANCE.

Lush, textured, or layered, a sense of abundance is another clue to the presence of joy. Look for exuberance and variety, like the fruits piled high in front of a produce shop or a neighbor's zealous holiday decorations.

Where do you notice abundance?



8

WATCH FOR WEIRDNESS.

Is there something that seems a bit out of place? The flower poking through the crack in the sidewalk or the man in the grey suit wearing rainbow socks: these odd juxtapositions can hold the seeds of unexpected joy.

What weird or silly sights have brought you joy?



9

ZOOM IN.

Ladybugs, snowflakes, or mini-cupcakes: sometimes delightful things come in small packages. Focus your attention like a microscope to see if you can spot any tiny joys in your surroundings.

What small wonders have you discovered?



10

NOTICE THE INVISIBLE.

Sometimes the things that bring us joy aren't apparent to the naked eye. The dance of the wind through the trees, the flickers of light on water, or the air pressure under a plane's wings: noticing the invisible can help us be more present to the magic in our midst.

What invisible joys can you find around you?



11

TAKE THE SCENIC ROUTE.

While it's possible to find joy when rushing around, it's easier if we take our time. So slow down. Wander. Maybe even get a bit lost.

What joys have you discovered while taking the long way around?



12

USE ALL YOUR SENSES.

Joyspotting isn't just a visual activity. Try joylistening, joy smelling, even joytasting too!

What joyful textures, sounds, and scents do you notice?

Joy, Spotted!

Once you've found it, don't keep it to yourself! Research shows that sharing a moment of joy with someone else boosts both your joy levels. And the more the merrier: If you're on Instagram, use #joyspotting to share your discoveries with the global community of joyspotters.