



Sparks of Joy



Check-in

Pause to notice how you feel before using the tool. Pay special attention to your body signals.



Practice

Do something that sparks joy for you or others.

Some ideas:

- Help someone out
- Notice something you're grateful for
- Remind yourself of the positive side
- Write a nice note or draw a picture for someone
- Give a compliment

WHY TO TRY:

Sparks of joy can positively affect your mood for the rest of the day. These actions can help you cope with stress, think positive, grow relationships, and give you a sense of well-being.

Try to find a moment each day of the week to practice the tool.



Reflect

Notice how the tool affects your feelings and body signals. Which Zone(s) could it help you regulate?

