

Going with the good - 4th quarter holiday joy assignment log.

Date	Assignment #2	Describe what you did	Insights/Notes/Thoughts	How much joy did this give you on a scale of 1–10 with 10 being top joy
<p>Monday, November 12</p>	<p>What, specifically, are you going to do this week to make something good happen or to feel joy? That is, how would you like to feel at least once this week and what are you going to do to feel that way?</p> <p>For more information about how useful it is to identify what you are going to do by identifying how you want to feel, check out this Sounds True podcase interview with Danielle LaPorte, entrepreneur, inspirational speaker, social media sensation and bestselling author of <i>The Fire Starter Sessions</i> and <i>The Desire Map</i>. In this episode Danielle talks about how much more effective our goals and resolutions are when we identify how it is we want to feel as the determiner of what we are going to do. Cutting to the chase in this way often changes the goals and resolutions we actually make – goals and resolutions that often look very different, feel very different and play out very differently than the usual ones we set and fall down on.</p> <p>And you can always listen to a happy song, like this one by Buddy Holly for some easy joy, or a silly one, like this tongue twister from Pirates of Penzance, Modern Major General.</p>			

