

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

Date	Assignment #7	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
Monday, December 17	<p>What is getting in your way of seeing the good or feeling the joy? What do you do or how do you think that separates you from being happy? For me a big one is expectations. Read the list of other joy obstacles provided by participants in The Joy Jar Project from earlier this year, and then identify one of your own major obstacles, which may or may not be on the list. This week be alert for that obstacle and then 3 times figure out what you would have to do to get around the obstacle to allow you to go with the good. Then go that way.</p> <p>If it helps, you can say something like, I'm not loving this, but there's good in here somewhere and I'm going with it.</p>			