

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

Date	Assignment #4	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, November 26	<p>Watch this TED talk to find out where in the environment joy hides, then after watching the talk:</p> <ol style="list-style-type: none">1. Dedicate one day to circles and curves. Locate 10 circles and 10 curves in the environment to test whether they make you happy or not.2. Dedicate one day to color to determine if there is any correlation for you between joy and color.3. Dedicate one day to you and your own perceptions. What in the environment specifically makes you happy?			