



*Porch Talk Online  
Conversations  
Q&A Sessions for  
Continued Connect,  
Growth & Learning*

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## *Continued Connect, Growth & Learning*

- How do you define 'joy'  
Add a little bit of body text
- Living life full of joy and contentment
- Is joy simple to have and to keep
- While joy may be simple, it's far from simplistic
- It can be hard to imagine Joy if you haven't seen it
- Our greatest struggles often open up new spaces in us for joy,
- Our setback help us appreciate joy when it finally arrives
- Do you think that we have control over our emotions?
- If you decided joy was going to be at the top of your list what would you have to release.
- Focus on finding joy in my daily life and write about it.



Joy a pure and simple delight. Joy is our elated response to feelings of happiness, experiences of pleasure, and awareness of spiritual abundance.

It is also the deep satisfaction we know when we are able to serve others and be glad for their good fortune.

We Invite joy into your life by celebrating, Host friends and family events to mark transitions and changes in our life.

Love all the small moments of happiness as you go through your day. Dance — Sing — laugh and jump for joy — as often as possible.

Life is not meant to be endured; it is to be enjoyed.



*Thank You!*

Challenge yourself, don't just walk through life stop and enjoy life. Make decisions that will give you the best life ever.

Life is so unpredictable, If you could just adjust with each unpredictable moment in life, you could sail through life with ease and joy.

Developing new ways of making changes to your routine, and in your life, that no longer serve you for where you want to go.

*Dorothy May Ross*

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