

“Joy is not a constant. It comes to us in moments - often ordinary moments. Sometimes we miss out on the bursts of joy because we're too busy chasing down the extraordinary moments. Other times we're so afraid of the dark we don't dare let ourselves enjoy the light. A joyful life is not a floodlight of joy. That would eventually become unbearable. I believe a joyful life is made up of joyful moments gracefully strung together by trust, gratitude and inspiration.”

Brené Brown <sup>1</sup>

Storytelling in a small group or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to the next prompt and so forth. A person can pass.

- 1. Share about a joyful experience in your life. Say more.**
- 2. In your childhood, who was the person that showed and taught you the most about joy, being joyful? What did they teach you about “Joy is not a constant.”**
- 3. Talk about how much of your life is spent in joy, compared to time spent in fear, anger, sadness, and other emotions. What brings you joy?**
- 4. Share your thoughts and feelings after you read: “I believe a joyful life is made up of joyful moments gracefully strung together by trust, gratitude and inspiration.”**

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<sup>1</sup> [TOP 25 QUOTES BY BRENÉ BROWN \(of 321\) | A-Z Quotes \(azquotes.com\)](#) (accessed January 23, 2024).