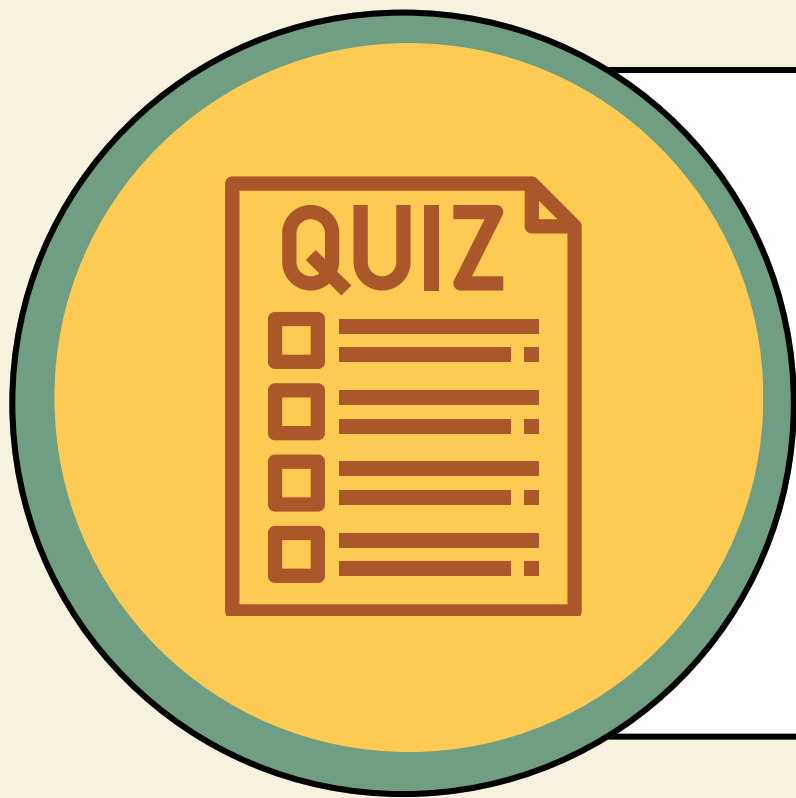


# The mindbodyJOY Method



## 01. DISCOVER YOUR PLAY PERSONALITY

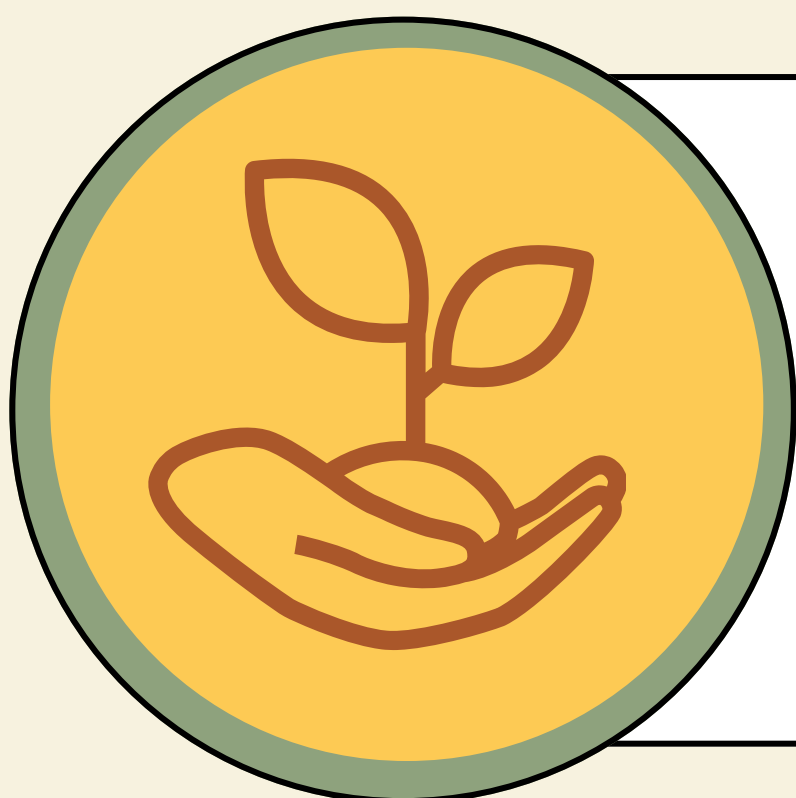
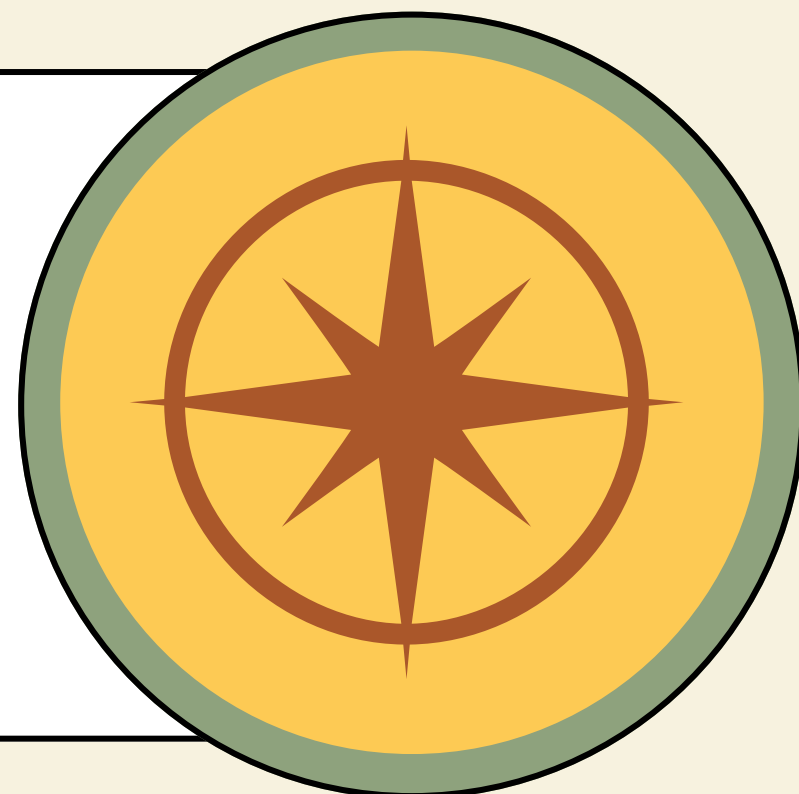
**Learn how you naturally access joy**

- Take the Play Personality Quiz
- Find your personal joy/flow styles
- Get a few tailored joy experiments right away

## 02. EXPLORE WEEKLY JOY QUESTS

**Every Monday: one small Joy Quest for the week**

- Designed to make joy doable
- Builds gentle, nervous-system-safe momentum over time
- Microdoses + repetition = neuroplasticity in action



## 03. JOIN WEEKLY JOY CIRCLES

**Practice joy together, not alone**

- Reflection Circles and Integration Circles: weekly check-ins on your joy journey
- Small, gentle groups where you can show up exactly as you are

## 04. PLAY, SHARE & CONNECT IN COMMUNITY

**Let connection do some of the healing**

- A trauma-informed community that “gets it”
- Live Zoom Playdates: art, laughter yoga, connection games when you have capacity
- Get involved as a Joy Ambassador or host your own circle

