

The mindbodyJOY method

At mindbodyJOY, we make joy **doable, playful, and shared**.

Through gentle guidance, science-backed practices, and a vibrant community, we help you reconnect with what lights you up, one joyful step at a time.

Step 1 — Discover Your Play Personality (*Start Here*)

Your journey begins with our **Play Personality Quiz**. In just a few minutes, you'll uncover how you naturally access fun and flow.

- Get **personalized joy experiment suggestions** immediately
- Start small with **microdoses of joy** that feel safe and easy
- Begin teaching your brain that **play is medicine**

Step 2 — Begin Your 12-Week Joy Reboot (*Weekly Themes + Practices*)

Your reboot is a **self-paced, gently guided, 12-week journey**. Each week focuses on a theme to explore, reflection prompts to deepen your awareness, and one anchor practice to ground your experience and **imprint joy onto your nervous system**.

- Experiment with tiny, joyful actions at your own pace
- Learn tools for **nervous system safety** and emotional regulation
- Build small, consistent habits that create lasting change. **That's neuroplasticity in action**

Step 3 — Share, Connect, and Get Inspired (*Community Magic*)

Healing and growth are **so much easier and more fun together**. Our community is where the magic happens:

- Share your experiences, struggles, and wins
- Get **inspired** by others' joy experiments
- **Inspire** others with *your* creativity and discoveries
- Feel **seen, understood, and deeply supported**
- **Let's celebrate this journey together**

Step 4 — Join Live Weekly Sessions (*Play Together*)

Every week, you can join **live Zoom events** designed to spark connection, laughter, and creativity:

- Creative expression workshops
- Games, laughter, and play-based activities
- Community conversations and connection circles

Practicing joy becomes **effortless** because we're doing it **together**.

Step 5 — Weekly Joy Quests (*Every Monday*)

Every Monday, you'll get a new **Weekly Joy Quest** — a tiny, playful experiment to try that week.

- Keep your joy practice **fresh**, no matter where you are in your journey
 - Always **new, always doable, always fun**
 - Builds **momentum** and keeps you inspired long after you begin
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Step 6 — Lead, Create, and Inspire (*If That's How You Play*)

When you're ready, *and if this idea resonates*, you can become a **community activity host** and lead your own sessions.

- Share your passion, whether it's **music, movement, art, games**, or something unique
 - Co-create spaces for **creativity and connection**
 - Inspire others while deepening your own joy practice
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Your Destination: Chronic Joy

By being part of the **mindbodyJOY community**, you'll:

- Feel more **playful, creative, and inspired**
- Experience **moments of ease, laughter, and aliveness**
- Reclaim a sense of **connection and belonging**
- Trust your **body and emotions** in a deeper way

Take the first small step toward
more joy.

Start your
FREE 2-Week Trial
and begin your mindbodyJOY
journey today:



Why this works: mindbodyJOY combines tiny, science-backed practices with the power of community connection because joy is easier to discover and sustain when we learn, play, and grow together.

We don't wait for joy until life is perfect. We create it, together, one playful moment at a time.