

# JOY



Enjoy moments of exhilaration.

**What it's about; what it does for us...**

...Loving what is happening and how well we are all doing; it makes us feel uplifted and want more of the experience.

**We feel this when...**

...we are doing things we really like and we are doing well; it's even better than we imagined.

**It makes us...**

...want more of this and seize opportunities. It helps us be creative and seek new possibilities.

STRETCHING ME  
QUADRANT

