

La Gxoja Filozofio

The Joy Philosophy

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What is La Gxoja Filozofio?

- A new philosophy centered around joy, well-being, and human flourishing.
- Draws from Stoicism, Epicureanism, and Positive Psychology.
- Encourages intentional living through CHEATs: Comprehensive Happiness-Enhancing Activities and Tasks.

Philosophical Lineage

- Inspired by ancient and modern philosophies.
- Like Stoicism, it emphasizes control over one's inner state.
- Like Epicureanism, it values simple pleasures.
- Integrates empirical insights from modern happiness studies.

What are CHEATs?

- CHEATs = Comprehensive Happiness-Enhancing Activities and Tasks.
- Daily, intentional actions backed by research in Positive Psychology.
- Examples: gratitude journaling, physical activity, acts of kindness, mindful reflection.

Five Core Principles

- 1 Joy is not a luxury; it is a goal.
- 2 Reflection is as important as action.
- 3 Habits shape identity and happiness.
- 4 Happiness can be engineered.
- 5 Community enhances meaning.

Real-World Applications

- Personal life: Habit tracking, journaling, meaningful work.
- Workplaces: Mental wellness strategies, peer CHEAT groups.
- Education: Curriculum that includes emotional literacy and joy-based planning.

Comparison with Other Philosophies

- Less ascetic than Stoicism, more structured than Epicureanism.
- More actionable than Existentialism or Nihilism.
- Bridges traditional wisdom with modern science.

Conclusion

- La Gxoja Filozofio offers a way to design a joyful life.
- Combines the best of ancient and modern thinking.
- We invite you to experiment with your own CHEATs.

Thank You

Questions? Thoughts? Let's spread joy, one CHEAT at a time!

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