master the moment

## RECOMMENDED TED TALKS

[**Where Joy Hides and How to Find It**](https://youtu.be/A_u2WFTfbcg) (13 minutes)

Cherry blossoms and rainbows, bubbles and googly eyes: Why do some things seem to create such universal joy? In this captivating talk, Ingrid Fetell Lee reveals the surprisingly tangible roots of joy and shows how we all can find -- and create -- more of this experience in the world around us.

Discussion Questions:

* What are some ways you have incorporated color and curves into your own environments?
* When do you feel most joyful?
* How can you “put yourself in the path of joy”?

[**Mindfulness: Focus, Healing and Joy**](https://youtu.be/xEbcK9BkT4k) (18 minutes)

As a former mental health Executive Director over 38 years, Don knew firsthand about the benefits of meditation in his own life as well as in helping people deal with the many challenges of life. As a leadership consultant, he often witnessed the harm of stress on employees dealing with work and life balances. Donald Schuster became interested in meditation as a teenager, almost 50 years ago when reading a book about meditation.

Discussion Questions:

* What is your experience with mindfulness and/or mindfulness exercises?
* How is mindfulness productive and fulfilling?
* With the rushed busyness of society and digital stimulants and distractions – how does mindfulness fit into your lifestyle?

[**You Need to Foster the Power of Joy**](https://youtu.be/Gh2DChInJNc) (19 minutes)

Joy is a powerful force that can bring about positive change in the world. I challenge you to be mindful about fostering joy.

Discussion Questions:

* How do people bond through joy?
* How do you apply joy to tasks or routine?
* Mindfulness and joy are often mentioned together – why?

[**The Secret Formula for Joy**](https://youtu.be/NgFczqJuklg)(17 minutes)

We are all searching for happiness - when we really need to be rediscovering our own joy! It's there inside you! This simple three-step process will help you connect with more happiness than you thought possible! It's easy, free and you can do it anywhere.

Discussion Questions:

* How does “judging” interfere with joy?
* Gore believes that the “most important space on earth is in your heart.” What ideas do you have for “dropping into your heart space?”
* Gore offered stories to support the idea that memories are stored in our hearts. What memories of joy do you have stored in your heart?

[**How to Be Happy Every Day: It Will Change the World**](https://youtu.be/78nsxRxbf4w) (16 minutes)

The World Happiness Report states “Over 1 billion adults suffer from anxiety and depression.” How do we get to happy? Jacqueline Way, Founder of www.365give.ca shares a secret to happiness so simple a 3–year old can do it. Jacqueline is a mother of three boys and social good activist dedicated to changing the world 1 give, 1 day at a time. You will learn through her powerful story how your body is hard-wired for giving. Researchers from all over the world have been studying the science and physiological of giving for decades. They’ve discovered giving makes you happy, makes you high, is our bodies natural “Fountain of Youth” and reduces stress.

Discussion Questions:

* Why do you think our bodies and brains are hard-wired for giving?
* How might we explain why 365give caught on so quickly and has created such a large ripple effect? How is his similar to other concepts like “Pay it Forward”, or Mother Teresa’s quote ”We can do small things with great love.”
* How many ways to give can you think of in one minute to add to a 365 Daily Give list? (Let participants write their own list in one minute, then discuss and share ideas.)

[**Victory from Tragedy: Creating Joy from Pain**](https://youtu.be/_772RY2IFgA) (10 minutes)

Alex Weber has discovered a connection leading from traumatic events to incredible achievements. This talk may help us learn how to apply that knowledge to create positive impact from difficult times in our everyday lives. Alex Weber is a Motivational Comedian, World Record Holder, American Ninja Warrior, US Lacrosse Coach of the Year, and Award-Winning Host for NBC, FX, etc.

Discussion Questions:

* Why do you think sharing in painful experiences produces bonding?
* Alex Weber suggests that we can create joy when we do something that others need. Who do you think is looking to you and needs your best?
* What outlets do you have to “pour yourself into” that can help bring joy to self and others in life? (outlet examples: sports, arts, community, family, etc.)