



Joy & Vitality Audit

A reflective guide to recognising what nourishes you

Introduction: Why joy matters

Joy is often treated as something optional.
Something you earn once everything else is done.

But joy is not a luxury.
It's information.

Joy shows you what brings you back to yourself.
Vitality shows you what restores energy rather than depleting it.

This audit isn't about creating more joy or forcing positivity.
It's about noticing what already brings lightness, aliveness, or quiet contentment into your life, both in small moments and bigger experiences.

What nourishes one person may leave another cold.
This is not about what *should* bring joy.
It's about what actually does.

How to use this audit

There are no right answers.
You don't need to complete every section.

Use this as a reflective tool.
You may return to it over several days or weeks.

Notice what stands out.
Skip what doesn't.

You're looking for **patterns of nourishment**, not constant happiness.

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Everyday sources of joy

Joy is often subtle, showing up not as excitement or happiness, but as a quiet softening, a moment of ease, or a sense of being more fully yourself.

Begin by noticing the small, ordinary moments that bring lightness into your day. These are often easy to overlook because they don't demand attention, but they have a real impact on your body, mind, and nervous system.

You might start by reflecting on moments when:

- Your body feels less tense or more at ease
- Your breathing naturally slows or deepens
- Your thoughts feel quieter or less crowded
- You feel more present in the moment

These moments of joy don't need to be dramatic. Their power often lies in simplicity, showing up through the senses, connection, and quiet presence.

You might notice joy in:

- The first sip of your favourite drink or mouthful of your favourite food
- Stepping outside and feeling the fresh air on your skin
- A shared laugh, no matter how brief
- Music that shifts your mood within seconds (where you can't help but sing and/or dance)
- Time in nature (the water, the trees, the moon, sunsets or sunrises)
- Cooking, creating, or tending to something slowly, where time fades into the background
- Nurturing yourself with simple acts of care (a warm bath, a facial, a massage, or quiet time alone)
- Time with animals, noticing their presence, rhythm, and uncomplicated attention
- Sharing time with people who feel safe, where you don't need to explain or perform

None of these are insignificant.

Small moments of joy help regulate your nervous system.

They support emotional recovery.

They restore energy in ways that big changes often can't.

Over time, these everyday sources of joy create a baseline of vitality. They don't remove life's challenges, but they can make those challenges easier to carry.

As you reflect, notice:

- Which small moments consistently lift you
- Which bring a sense of calm rather than stimulation
- Which leave you feeling more resourced afterwards

Joy does not have to be earned or justified.

It simply needs to be noticed.

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Bigger sources of vitality

Some experiences bring deeper or longer-lasting energy.

These might include:

- Work or projects that feel meaningful
- Learning or personal growth
- Travel or change of environment
- Deep connection or contribution

Notice:

- Which experiences leave you feeling more alive afterwards
- Which excite you initially but drain you later
- Which nourish you even when they require effort

Vitality often comes from alignment, not ease.

What drains rather than nourishes

Understanding joy also means noticing what *doesn't* restore you.

Without judgement, reflect on:

- Activities that fill time but leave you flat
- Obligations that quietly drain energy
- Habits that offer distraction but not nourishment

This is not about removing anything.

It's about recognising the difference between **relief** and **restoration**.

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Patterns over time

Joy and vitality are rarely constant.

They move with seasons, responsibilities, and life stages.

You might reflect on:

- When joy feels most accessible
- When it feels harder to access
- How stress, sleep, or workload influence vitality
- What you tend to neglect when life feels full

Patterns matter more than moments.

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A gentle reflection

Over the next week or two, you might occasionally ask yourself:

- What gave me energy today?
- What quietly drained it?
- What would I like a little more of?

Short notes are enough.

Awareness is the goal, not action.

Closing reflection

Joy does not need to be justified.
It does not need to be productive.

It is a signal that something in your life is nourishing rather than depleting you.

By noticing what brings genuine joy and vitality, you begin to understand where your life supports you, and where it asks too much.

That understanding builds trust in your own signals.
And that trust is part of becoming the expert in you.