

Joy Allowance Tool

Purpose

Joy doesn't need to be earned, explained, or optimized.
This tool helps you notice joy and allow it to stay—briefly and safely.

Step 1: Notice

Think about a recent moment of joy, ease, or lightness
(even a small one).

What did you notice?

- A smile
 - A sense of ease
 - Warmth
 - Laughter
 - Calm
 - Other: _____
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Step 2: Stay

Joy often gets rushed.

When joy showed up, did you notice an urge to:

- Move on quickly
- Minimize it
- Distract yourself
- Question it
- Let it stay

What happens when you allow it to linger for just a few seconds?

Step 3: Release the Justification

Joy does not need a reason.

Read or say quietly:

"This moment of joy doesn't need to be explained."

What feels different when you don't justify it?

Step 4: Gentle Integration

Choose one that fits today:

- I can allow joy without guilt
 - I can let joy be brief and still meaningful
 - I don't need to hold onto it for it to count
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Bridge the Gap Coaching

Joy doesn't require permission—yet sometimes we need to give it to ourselves.
Letting joy stay, even briefly, strengthens the bridge.
