HerPower

Empowering Growth, Inspiring Change

The Happiness Workshop

Finding Joy

Day 2

Name:_____

HerPower
Empowering Growth, Inspiring Change

1. Welcome & Warm-Up

Small Group Discussion

Instructions: Work in groups of 3 and answer the following prompts. Take turns sharing.

Describe a specific moment this week when you felt genuine joy.
- Where were you?
- Who were you with?
- What were you doing?

Find a common theme in your group that you guys all have and discuss it, prepare to share with everyone in this room!

Group Theme (circle one or write your own): Nature / Connection / Creativity / Accomplishment /

Other: _____

2. Deep Dive into PERMA

Imagine happiness is a recipe! Let's explore the ingredients.

P – Positive Emotion
What small positive emotion did you have this week?

_____

_____

E – Engagement
When was the last time you were so into something you forgot to check your phone?

_____

_____

R – Relationships
Who in your life brings joy to you right now?

_____

_____

M – Meaning
What's something you care about that's bigger than just you?

_____

_____

A – Accomplishment
What's something you've accomplished recently that you're proud of?

_____

_____

3. Main Activity – Fuse Bead Art

Create a visual piece that represents one aspect of JOY: a memory, feeling, relationship, or personal dream.

Title your piece: _____ (e.g., Joy in Music, Joy in Nature)

Why did you choose this theme or design?

_____

_____

4. Reflection & Closing

Gallery Walk: Pick one piece that isn't yours and leave a kind message beside it.

Which one did you choose and why?

_____

_____

Which part of PERMA resonates with you the most in your life recently?

_____

What's one small thing you can do this week to create joy for yourself or someone else?

_____