Master's Project: Tending to Joy

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Abstract
If we dare to hope for the thriving of humans and all of life, then joy must hold a solid place in our imagination. The purpose of this project was to breathe joy into my own life and into the world around me. Following a literature review, I carried out three mini-projects – creating crowd-sourced collages out of what brings people joy, sending daily text messages with quotes about joy, and providing cookies to groups working on social change efforts. The projects succeeded in spreading delight, raising spirits, and inspiring reflection. The journey towards cultivating joy in my own life was substantially messier and remains completely unresolved. I conclude this project not yet able but still aspiring to fully say “yes” to life.

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