

# Joie de Vivre

The French have a phrase that has become commonly used in the English language: *joie de vivre*, which literally means “joy of living.” A person with *joie de vivre* is one who finds joy and optimism in many parts of life, who is able to enjoy life’s pleasures and find painful challenges, people might have a hard time recognizing and experiencing happiness and satisfaction.

Think of this concept as you examine your level of personal wellness. If you focus on what is positive about yourself, that attitude can affect all other areas of your life. Give yourself the gift of self-respect so that you can nourish your mind and body every day, in every situation. Through both stressful obstacles and happy successes, you can find the joy of living.

Important questions about your health to think about:

1. *How can I maintain a healthy body?*
2. *How can I maintain a health mind?*
3. *What can I do to have a more positive response to a stressful situation?*
4. *What ways do I find time for solitude?*
5. *What do I do when I feel run down?*
6. *What changes can I begin to make toward a more healthy lifestyle?*
7. *What changes can I make to find “joie de vivre?”*