

Make Room for Joy

A practice for giving pleasure a real place instead of waiting for leftover time.



Joy is often treated as what happens after everything important is complete.

But everything important is never complete.

A life can become responsible, meaningful, and strangely joyless.

Joy needs somewhere real to live.

Before You Begin

Choose one form of joy that is accessible and honest.

Music.

Making.

Movement.

Laughter.

Beauty.

Company.

Solitude.



Name What Actually Delights You

Avoid what should be enjoyable.

Choose what reliably makes you feel more alive or more like yourself.

I am allowed to know what delights me.



Give It a Small Place

Choose ten minutes, one evening, or one recurring moment.

Place it somewhere real in the week.

Joy can have an address.



Protect It from Usefulness

Do not require the joy to become productive, social, educational, or impressive.

Let delight be the purpose.

Pleasure does not have to earn its place.



Carry It with You

Joy will not remove grief, responsibility, or uncertainty.

It gives the life more than one room.

Use this when everything has become duty.

Name the delight.

Give it a place.

Let it remain unnecessary.