

# Build Your JOY

A person wearing a plaid shirt and a blue beanie sits on the edge of a large, flat rock, looking out over a vast landscape at sunset. The sky is filled with colorful clouds in shades of orange, red, and purple. A single tree stands to the left of the person. The sun is low on the horizon, creating a starburst effect. The overall scene is peaceful and contemplative.

Recognize quality  
moments and  
enhance them with  
sustained attention  
and appreciation  
of details