

The Joy Project

What is a Joy tribe?

According to Seth Godin a tribe is a group of people connected to one another, connected to a leader, and connected to an idea. A group needs only two things to be a tribe: a shared interest and a way to communicate!

Our shared interest is finding our own joy and bringing joy to others... and The Joy Project offers you a way to stay connected with all your joy mates and meet many others!

How to create a Joy tribe

Starting a joy tribe is easy!

Either read the book - [The Gospel of Joy](#) - together as a family or by your self. There will be something in one chapter of the book that will light a spark in your heart and inspire you with a way to bring joy to others - and therefore yourself!

Then find some people who are interested in bringing joy to the world and ask them to read the book with your mission in mind – and as you are all doing that, you can be planning your joy tribe activities!

Begin doing good stuff bringing joy to others anytime!



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Or you may have already found people to connect with, those with whom you would like to share the journey – it can be one person, three, five or one hundred people, it is up to you!

You may like to have your tribe all read the book together as the first joy tribe exercise.

As you work your way through all the Chapters, hold the idea in your hearts that during the journey to joy (ie reading the book!), an idea will emerge as the purpose of your joy tribe - as it's mission.

Or you may already have an idea that reading and connecting with an aspect of the book will help develop.

We are biased of course and think that anyone could create a joy tribe around each chapter!

Imagine the **Gratitude Joy Tribe** – who focus on reminding each other of all we have for which to be grateful – and to give others things for which to be grateful!

Or the **Compassion & Grace Tribe** - who focus on eliminating judgment in themselves and helping others become aware of how much they judge and how destructive it is!

Or the **Hope Tribe!** Theirs would be a fun tribe! Imagine inspiring others to have hope and reminding them of the importance of hope and faith!

The possibilities are endless and you can see some ideas for tribe missions below!



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Our mission

The mission of the Joy Project is to create a global joy community which eliminates the fears that subconsciously rule our lives, and replace them with the joy that is always there - but sometimes hidden!

The mission of the Joy Tribes is to help each other find joy, and then serve others in some way.

This is how we become truly alive; we feel we make a worthwhile contribution; our lives have purpose and meaning; we are using our spiritual gifts; we are connected and feel peace.

Sounds like fun doesn't it?

What other tribes are doing

We already have several Joy Tribes underway!

In one case a tribe decided it's was to create TA DA awareness and moments! They meet every two weeks and do something to either TA DA each other or find ways to 'TA DA' others!

Others are committed to raising awareness of joy and it's components - that's part of the fun - playing together to come up with ideas. There are so many possibilities.

Some people are creating joy bookers clubs - scrap booking; others are bringing joy to schools; some are volunteering at local organizations; others are helping old people who can't look out for themselves - there are no restrictions to what you can do other than your joy tribe must emerge from the book!

Nurses are working together to create "joy spots" in their hospitals!



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Another group made 'angel wing hands' and dipped them in paint and 'painted' a blanket for a friend who was battling breast cancer – so she was wrapped in their love and angel wings when she lay down!

Various Coffee Clubs – great places to have a meal and wonderful coffee in Australia, and Bookstores like Borders have created tribes out of their staff and they are all trying to create joy spots in their work places for themselves and customers!

Other ideas include:

random acts of kindness
helping the homeless
lend a hand to parents
help your elderly neighbours

The list is endless and once you have worked your way through the book together, you will be bursting with ideas of wonderful, meaningful, joyful and joy filled activities for your tribe!

Maybe you can create Joy outfits!! Like super heroes you can have a cape with JT on the back! Joy tribe!



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Stay connected!

Once your Joy tribe is underway, remember to [email your photos](#) and we will share them on our website. You can also connect with us via [Facebook](#).

And soon we will have a 'Ning' site! which will enable you to create your own Joy Tribe (online group) and interact and inspire each other, share photos and stories! Whooo hooooo!!!

Imagine a world - or at least a community - where gratitude, compassion, reverence, love, laughter, listening, generosity and all the other aspects of joy are alive and well!

YOU can help us do that where you live!

We are going for 1 million joy tribes (at least!) by the end of the year - a global joy community!

So to get you started we would like to offer you Pillar 1: Gratitude for FREE! [CLICK HERE TO DOWNLOAD THE EBOOK](#)

Zooties and thank you for joining us!

