Daily Joy PRESCRIPTION



A 30-DAY GUIDE TO EMBRACING GRATITUDE, LOVE, AND LAUGHTER

In this day-by-day prescription for joy, you'll discover exactly how to trade perfectionism for genuine happiness – even when you're overwhelmed, constantly striving, and running on empty.

Trade Perfect FOR JOY?

Let me guess: You've done everything "right."

You've checked all the boxes. Climbed all the mountains. Collected all the gold stars. And yet... something still feels missing. **You might find yourself:**

Desperately trying to prove your worth through endless achievements, while feeling increasingly empty inside Playing roles others chose for you, wearing masks that no longer fit, following scripts you never wrote

Racing through life's precious moments because you're already planning the next achievement, the next goal, the next mountain to climb

Measuring your worth by your productivity, your achievements, your ability to do it all (and do it perfectly) Feeling exhausted from living up to everyone's expectations while secretly wondering, "Is this all there is?" Sensing there's more to life than this endless chase, but not knowing how to get off the treadmill

IF YOU'RE NODDING ALONG, HERE'S YOUR NEW PRESCRIPTION:

You don't have to trade your joy for achievement.

Welcome to "The Daily Joy Prescription" - this isn't another self-help guide telling you to "just be happy." (Trust me, as an anesthesiologist, I know better than to prescribe oversimplified solutions!)

This 30-day guide is your personalized treatment plan for:

- Trading perfect for joy
- ✓ Finding laughter in unexpected places
- Creating a life that feels as good as it looks
- ✓ Actually enjoying the journey (imagine that!)

This isn't about quick fixes or bandaids - it's about fundamentally changing the way you approach life. No more performative checklists or exhausting achievement treadmills. Just pure joy.

Warning: Side effects may include increased laughter, deeper connections, authentic happiness, and the ability to find joy in unexpected places. You might even start enjoying the journey instead of obsessing about the destination!

Let's write a new story together - one where achievement and happiness aren't mutually exclusive.

Your Partner in Joy, Tiffany Moon, MD



DAY #1 Letting Go of Past Stories

"When you do the work of confronting painful memories from your past, you empower yourself by taking ownership of those memories and acknowledging them in all their complexity. You can honor them before letting them go."

TODAY'S JOY CHECKLIST		
Think of 3 stories you tell yourself (you know, those "I should be" ones that keep you up at night)	Play detective: Where did these stories really come from? Parents? Society? That mean girl in 3rd grade?	Time for a story rewrite - but this time, you're the author
Journaling Space Your new narrati	ve (no achievement required)	

DOCTOR'S NOTE 😲

Just as I had to rewrite my story about never being "enough" for my parents (which you'll read about in my book, Joy Prescriptions), today we're updating your personal narrative. Remember: your truth is valid, even if others remember differently.

DAY #2 The Comparison Detox

"In the end, the only person you are really competing with is yourself."

TODAY'S JOY CH	IECKLIST	
Write down 3 rece wins (no achievem is too small!)		Plan a tiny celebration - and I mean actually plan it, not just think about it
Space h	Vhat win are you proud of? Remo nave now? Don't waste time eyei cake" and miss the joy of savorin	ember when you wanted what you ng someone else's "bigger slice of gour own slice.



Like comparing social media posts to real life, we're often measuring our blooper reel against someone else's highlight reel. Time for a reality check - you've come a long way and you need to take a minute to celebrate your wins and appreciate how far you've come.

DAY #3 Your Personal Joy Metrics

"You have the ability to follow your passions, take that chance, and live your truest, most authentic life."

TODAY'S JOY CHECKLIST		
Write down society's definition of "success" (you know, the checklist society gave you)	Now, let's get real - write what YOUR joy- filled life looks like	Create 3 personal metrics that matter to you (Hint: they shouldn't involve numbers or achievements!)
Journaling Space When you close	your eyes and imagine p	oure joy, what does it look like?

DOCTOR'S NOTE 😲

As an anesthesiologist, I monitor vital signs. But I had to learn that joy has its own vital signs - and they look different for everyone!



Schedule a "joy check-in" each week. Think of it as a quick pulse check on your happiness: What's lighting you up? What's dimming your sparkle?

Small adjustments can make a big difference over time.

DAY #4 Taking Off the Blinders

"Only when we strip away the expectations that others have set for us can we finally see what we want for ourselves"

TODAY'S JOY CHECKLIST		
Write down one goal you're currently chasing.	Ask yourself: Is this truly my goal, or does it reflect someone else's expectations?	Rewrite this goal with YOU in mind - make it feel good on the inside, not just look good on paper
Journaling Space If no one wa	ıs watching or judging, what wou	uld you do differently?

DOCTOR'S NOTE 😲 Sometimes we're so focused on the finish line that we miss all the good stuff along the way. Trust me, I learned this the hard way through years of achievement addiction. Time to take off the blinders and widen your view!

DAY #5 Enjoying the View

"Opening your eyes to the full horizon of life is a gradual process. Committing to taking off the blinders can be harder than keeping your head down, but it's worth it."

TODAY'S JOY C	HECKLIST	
Revisit the goal you reframed yesterday.	Write down 3 beautiful, unexpected, or joyful moments you've experienced along this path that you may have overlooked.	Take one intentional step today to enjoy the process—pause, celebrate, or simply appreciate where you are.
Journaling Space	What's one thing I'm grateful for about w	vhere I am right now?

DOCTOR'S NOTE 😲 Life isn't about racing to the end—it's about collecting moments that make the journey worth it. Jot down little wins, funny moments, and people who've helped you along the way. You'll be amazed at how rich the path really is.

DAY #6 Good on Paper vs. Good for You

"What's good on paper may not be good for you. What's really good is taking the time to find out what you truly need."

TODAY'S JOY CHECKLIST		
Reflect on a time you chose something—a job, a relationship, a lifestyle—because it seemed "right" on paper but didn't feel right in your heart. What didn't align?	Write down 3 non- negotiables for you. Hint: These should reflect your values, not external expectations.	Take one action today to honor these values—whether it's setting a boundary, making time for something you love, or saying no to what doesn't serve you.
Journaling Space What does "good o	on paper" look like versus wl	hat feels truly authentic to me?

DOCTOR'S NOTE 😲

The next time you're deciding whether to say "yes" to something, ask yourself: Is this good on paper, or is it good for me? Then act accordingly.

DAY #7 Be Open to Love

"What's really good for you is taking the time to find out what you really want in a partner, especially if you intend it to be for life."

TODAY'S JOY CHECKLIST		
Reflect on what "love" means to you—romantic, platonic, or even self-love. Write down one way you can be more open to it in your life.	Take a small step today to create or deepen a meaningful connection. This could mean looking up from your phone, starting a genuine conversation, or showing kindness to yourself.	Trust your instincts: If you're seeking advice about love, reflect on whether the guidance aligns with what you truly want or need.
Journaling How can I cr	eate or deepen a meaningful connectior	today?

DOCTOR'S NOTE 😲

Love thrives in unexpected places and grows when you let go of distractions. Trust your instincts and stay open to connection—it's closer than you think.

DAY #8 Loosening Your Grip

"The more I tried to be in control, the more things spiralled down a path of self-destruction."

TODAY'S JOY CHECKLIST	I	
Name one thing you're trying to control (but deep down know you can't)	Write down what might happen if you loosened your grip just a little	Try one spontaneous thing today - even if it's just taking a different route home
Journaling Space What migh	nt happen if I let go and let I	ife unfold naturally?

DOCTOR'S NOTE 😲

Letting go is less about giving up and more about creating space for creativity, spontaneity, and a little bit of magic.

DAY #9 Permission to Rest

"In trying to control my life, my steadfast grip squeezed out all the spontaneity and creativity. The very thing I wanted so badly—joy—was being suffocated by my own doing."

TODAY'S JOY CHEC	KLIST	
Write down what a typical "productive" day looks like for you.	Circle the activities that leave you feeling drained, uninspired, or just plain over it. Can you eliminate, delegate, or automate one of these activities?	Write yourself a literal permission slip to rest. Yes, really. Think: "I, [your name], give myself full permission to pause, recharge, and embrace rest without guilt."
Journaling Space Dear	Me, I hereby give you permission to	· 🔊

DOCTOR'S NOTE 😲

Just like I tell my patients - rest isn't optional, it's essential. Block out some minutes today for guilt-free, unapologetic rest. No multitasking. Just you, your favorite cozy spot, and some well-earned peace.

PAY #10 Redefining Your Yes

"Saying yes is a finite resource, so use it wisely and say it to the people who matter most—including yourself..."

TODAY'S JOY CHECKLIST
Think of a recent "yes" that actually made you happy (not just busy) List 3 things you'd love a meaningful yes today
Journaling Space How can I align my yeses with the life I want to live?

DOCTOR'S NOTE 😲

Try the "Yes Pause." Before you agree to something, ask yourself: Does this move me closer to joy, connection, or rest? If not, consider a polite no.

DAY #11 The Power of No

"The goal is not to neglect the people in your life. The goal is to put your oxygen mask on first so that you have the energy and the internal resources to help others..."

TODAY'S JOY CHEC	KLIST	
Spot one area where you're spreading yourself too thin.	Write down one thing you can say "no" to today, and then practice doing it. Remember: "No, thank you" is a complete sentence.	Reflect on how saying no opens up space for something you truly value—whether it's rest, creativity, or quality time with loved ones.
Journaling Space Who	at's one boundary I can set today to p	protect my energy and time?

DOCTOR'S NOTE 😲

DAY #12 Fixing Your Leaking Bucket

"Are you so busy trying to fill your bucket that you haven't noticed the leak at the bottom? Take a breather and ask: What are you filling your bucket with?"

TODAY'S JOY CHECKLIST		
List 3 things draining your bucket (perfectionism? people-pleasing? that group chat that never stops?)	Replace each with something that actually fills you up	Do ONE thing today that adds to your joy bucket
Journaling Space What actually fills	s MY bucket (not someone else's)	?

DOCTOR'S NOTE 😲

It's time to stop chasing what society says should make you happy and start filling your bucket with what actually fulfills you.

DAY #13 What's Interrupting Your Joy?

"Joy Interrupted"—my term for those moments when, in the midst of joy, I flash to a worst-case scenario and worry about how it could all fall apart.

TODAY'S JOY CHE	CKLIST		
Catch your joy interruptions today	Pick one joy-killer you can actually do something about (adjust, delegate, or let go of)	Create a tiny joy shield - maybe it's turning off alerts, or just closing your door	
Journaling Space Wh	nen do I feel most joyful? What g	gets in the way?	

DOCTOR'S NOTE 😲

Think of joy interruptions like recurring roadblocks—once you recognize the pattern, you can navigate around them. OR Trying to 'dress rehearse tragedy' won't make it any easier when tragedy strikes. Instead, focus on cultivating joy in the present moment.

DAY #14 Rewriting Your Story

"Sometimes we make up stories about ourselves that become an integral part of our identity, and we use these stories to explain why we feel a certain way. These false narratives might help us to cope in the moment, but ultimately they limit us and can become cages.

TODAY'S JOY CHECKLIST
Reflect on a story you've been telling yourself about who you are (e.g., "I'm not brave enough," or "I can't change"). Write it down. Question it like a good diagnosis - on facts and in a way what's the evidence? that empowers you.
Journaling Space What's a new, empowering story I can choose to live by instead?

DOCTOR'S NOTE Un

DAY #15 Going Off Script

"Becoming a Real Housewife was going off script for me, but it rewarded me in the most unexpected ways."

TODAY'S JOY CHECKLIST
Think about your new narrative from yesterday. What's one action you can take to bring it to life? Write down 3 things you've always wanted to try but felt held back by fear. Take one tiny step off-script today
Journaling Space What's a small step I can take toward this new adventure?

DOCTOR'S NOTE 😘

Rewriting your story is the first step. Living it is the leap of faith. Taking risks—big or small—is how you turn a great narrative into a joyful reality.

DAY #16 Owning Your Voice

"Use your voice to express your point of view and feelings. Who knows, maybe you'll find that other people feel the same way or that you inspired someone else to use their voice."

TODAY'S JOY CHECKLIST		
Write down one thing you feel strongly about but have been hesitant to speak up about—this could be at work, in a relationship, or online.	Reflect on why you've held back: Is it fear of judgment or a desire to avoid conflict?	Take a small step today to use your voice—whether it's sharing your thoughts in a meeting, or having an honest conversation.
Journaling Space What needs to be said	d? 🔌	

DOCTOR'S NOTE 😘

Think about what you might gain by sharing your thoughts—connection, purpose, inspiration—rather than what you might lose.

DAY #17 Take A Digital Detox

"If you feel like social media is getting to be too much for you, take a step back."

TODAY'S JOY CHECKLIS	т		
	Choose one way	to detox today:	
Reflect on how social media has been making you feel lately—energized and inspired, or drained and overwhelmed?	Turn off notifications to reclaim your focus.	Set a time limit for scrolling and stick to it.	Replace the time you would have spent on social media with something that brings you joy— reading, walking, or catching up with a friend in real life.
	ne activity I can do to self instead of my scre)

DOCTOR'S NOTE 😲

Use your detox time to try something creative—write, take a walk, or bake something fun. You might be surprised how quickly joy fills the space left by your screen.

DAY #18

Rediscovering Joy Through Creativity

"It's never too late to do something that expresses our creativity, allows us to grow, and brings us happiness..."

TODAY'S JOY CHECKLIST		
Remember something you loved doing as a kid (before "being productive" took over)	Ask yourself: What's been stopping me from doing this now? Fear? Time? Perfectionism?	Take 15 minutes today to play— sketch, dance, write, or try something new just for the joy of it.
Journaling What's stopp space things now, o	oing me from enjoying those and how can I move past it?	

DOCTOR'S NOTE 😲

Forget perfection, forget "getting it right," and just have fun. The only rule? No judging yourself!

DAY #19 Finding Your Creative Crew

"With any hobby, there will be others who share your interests. This is also a great opportunity to make new friends"

Pick one interest you'd like to explore more Find one way to connect with others who share it Journaling space Where can I find a supportive group or person to share this journey with?	TODAY'S JOY CHECK	LIST	
like to explore more connect with others who share it it—introduce yourself, share your enthusiasm, or simply observe and learn from others.			
Space Where can I find a supportive group or person to share this journey with?		connect with	it–introduce yourself, share your enthusiasm, or
	Journaling Space Where	e can I find a supportive	e group or person to share this journey with?

DOCTOR'S NOTE 😲

Look for low-pressure ways to connect—a casual class, a free workshop, or an online group. Start where you feel most comfortable and let it grow from there.

DAY #20 Stop People-Pleasing

"At the end of the day, does it really matter what other people think? Most of the time, the answer is a resounding no."

TODAY'S JOY C	HECKLIST	
Catch yourself people-pleasing today (you know the moments!)	Ask yourself: How did this decision affect me—did it bring me closer to joy, or further away from it?	Take one small step today to prioritize your own opinion—say no to something that doesn't serve you, express your honest thoughts, or make a choice that feels right for you.
Journaling Space	What would I do differently if I	wasn't trying to please everyone?

DOCTOR'S NOTE 😲

People-pleasing is exhausting, and here's the truth: most people aren't thinking about you as much as you think they are. (They're busy thinking about themselves.) Focus on what makes you happy—it's your life, after all.

DAY #21 Authenticity Check

"The only person who's really stopping us from accomplishing our dreams is the person who's looking back at us from the mirror."

TODAY'S JOY CHECKLIST		
Reflect on your public self versus your private self. Write down how you present yourself to others versus who you are when no one's watching.	Identify one area where they differ—where are you holding back or hiding something about your true self?	Choose one small way to align them more closely today. This could mean sharing a personal story, embracing a unique quirk, or dropping a facade you no longer need.
Journaling Space What's one way	I can show up more authen	tically today?

DOCTOR'S NOTE 😲

Start small. Share something genuine with someone you trust or drop one habit that doesn't feel true to you. Watch how freeing it feels.

DAY #22 Find the Funny in Life

"If you don't laugh, you'll cry. So why not laugh? Laughter is truly the best medicine and should be a part of any prescription to finding joy in life."

TODAY'S JOY CHECKLIST		
Think about a recent situation that annoyed or frustrated you. Write it down and try reframing it into a funny story—what's the humor hiding in the moment?	Spend five minutes today watching or listening to something that makes you laugh—a favorite stand- up special, funny TikToks, or silly animal videos	Bonus: Share a funny moment from your day with someone else. Laughter is contagious!
Journaling Space What made me I	augh today, and why?	

DOCTOR'S NOTE 😲

The next time you're stuck in a stressful moment, ask yourself: What would make this situation funny?

DAY #23 Dance Like Nobody's Watching

"It's impossible to be in a bad mood while twerking—try it, I dare you."

TODAY'S JOY CHECKL	IST	
Pick a song that makes it impossible to sit still	Spend 5 minutes dancing it out. This isn't about skill—it's about letting go and having fun.	Reflect on how it felt to move freely. Did it shift your mood, give you energy, or just make you smile?
	my go-to joy song? What's one wo	

DOCTOR'S NOTE 😲

Dancing is the ultimate mood-lifter. Whether it's a TikTok challenge or a solo kitchen dance party, moving your body is a guaranteed way to shake off stress and invite joy.

DAY #24 Gratitude Reset

Just as monitoring vital signs is crucial for your health, keeping track of your gratitude is essential for your joy.

TODAY'S JOY CHECKLIST		
Write down three things you're grateful for right now—focus on specific, tangible moments or things from your day.	Find one silver lining in something challenging (e.g., a lesson learned, strength gained, or help received).	Take one small action to express gratitude today—send a thank-you text, pay a compliment, or simply savor a moment of joy.
Journaling Space What are thre	e specific things I'm grateful for	today, and why?

DOCTOR'S NOTE 😲

Set a gratitude reminder on your phone to pause, reflect, and find joy in the little things.

DAY #25 Imperfection Celebration

"I'm no longer looking for perfection, just progress."

TODAY'S JOY CHECKLIST		
Identify one area of your life today where you're holding yourself to impossibly high standards. Write it down.	Give yourself permission to let go of perfection in this area. What would happen if you simply did your best, even if it wasn't perfect?	Celebrate one messy, imperfect win
	ecome easier if I let it be imperfect? perfection even be a gift?	

DOCTOR'S NOTE 😲

Focus on showing up, being present, and embracing the mess. You'll be amazed at how liberating it feels.

DAY #26 Connection Prescription

"We need to seek not only opportunities to cultivate self-knowledge and self-understanding but also love and connection."

TODAY'S JOY CHECKLIS	т	
Write down the core relationships in your life— family, friends, coworkers, and mentors.	Rate their connection level from "small talk" to "soul chat"	Choose one relationship to focus on deepening this week. Plan one intentional action to strengthen it—whether it's a heartfelt conversation, a thoughtful gesture, or spending quality time together.
Journaling Space Which of can I do	my relationships feel mo to nurture the important r	est fulfilling, and why? What elationships in mylife?

DOCTOR'S NOTE 🗘

Just like medicine, the right dose of connection can heal even the busiest, most stressful days.

DAY #27 Joy Emergency Kit

"Instead of frantically running around trying to fill the bucket, what I needed to do was set my bucket down, fix the leak, and refill it with something more substantial, something that would last—something that would bring me joy."

TODAY'S JOY CHECKLIST	l	
List 5 instant mood-lifters (funny videos? pet cuddles? that one song?)	Create 3 quick joy "treatments" for tough moments	Keep this prescription handy - you never know when you'll need it!
Journaling Space How can I r	emind myself to turn to my joy eı	mergency kit when I need it most?

DOCTOR'S NOTE 🗘

Write your "joy treatments" on sticky notes or a card and keep it in your wallet or phone for easy access.

DAY #28 Self-Care Rounds

"Self-care needs to be a daily practice and not an emergency procedure"

TODAY'S JOY CHECKLIS	ST.	
Do one thing for your body —stretching, a sauna session, or a fun exercise class to get the body moving.	One thing for your heart —whether it's journaling, meditating, or sharing a laugh with a friend.	One thing for your spirit —engage in something that inspires you, like a creative activity, reading, or spending time in nature.
	you commit to a self-care practice rishes you from the inside out?	

DOCTOR'S NOTE 😲

The more you invest in your well-being, the better equipped you'll be to handle whatever comes your way.

DAY #29 Joy Protection

"Unless I was more intentional about what I filled my bucket with, my efforts would continue to leak out. I would continue to feel exhausted and unfulfilled."

TODAY'S JOY CHECKLIST		
Spot your biggest joy-killer (stress? comparison? that one toxic friend?)	Create one joy boundary today	Protect your peace like it's prescribed medicine
Journaling Space How can I better pro	otect my joy?	

DOCTOR'S NOTE On

Your joy deserves the same care and protection as anything else you value. Shield it, nurture it, and don't let anyone—or anything—come between you and your joy.

Vour Joy Prescription

"We can find joy in the in-between moments and the journey rather than just focusing on the finish line. And it always helps if we can remember to laugh a little along the way."

TODAY'S JOY CHECKLIST
Write your personal joy prescription (include daily doses of rest, play, and connection) Plan your joy check-ups (weekly? monthly?) Celebrate completing this journey - you did it!
Journaling Space What's my personal joy prescription, and how will I make it part of my daily life?

DOCTOR'S NOTE 😲

Remember, joy isn't a one-time prescription - it's a daily practice.

And you're now certified to write your own joy prescriptions!

YOUT JOY OURNEY!

CONGRATULATIONS ON COMPLETING YOUR 30-DAY JOY PRESCRIPTION!

I'm thrilled you've taken this journey toward finding authentic happiness. From letting go of that "good on paper" façade to embracing your perfectly imperfect self, you've done the work - and that deserves a major celebration, don't you think?

SHARE YOUR JOY STORY (AND INSPIRE THE REST OF US!)

Just like my journey from perfectionist to finding joy in unexpected places (hello, Real Housewives of Dallas!), every story of personal growth and evolution matters. Your experience could be exactly what someone else needs to hear right now.

So why not share it with the world? You can get creative with your sharing by:

- Snapping a photo of your favorite journaling moment
- ✓ Sharing a time you chose joy over trying to be perfect
- ✓ Showing us your "Joy Emergency Kit" in action
- ✓ Telling us about when you went totally "off script" and found happiness

And don't forget to tag me @TiffanyMoonMD on Instagram, use the #JoyPrescription30 hashtag, and join our community of joy-embracers. Your joy journey could be the perfect dose of inspiration someone else is craving.