1. **Practice Mindfulness and Gratitude**: Start or end your day by reflecting on things you are thankful for. Mindfulness practices, like meditation or deep breathing, can help in staying present and appreciating the current moment. This approach reduces the tendency to dwell on past mistakes or future worries, which often diminish joy.

2. **Challenge Negative Self-Talk**: Become more aware of your inner dialogue.* When you catch yourself engaging in negative self-talk, encourage them to challenge these thoughts. You can do this by asking themselves if they would speak to a friend in the same way. This helps in cultivating a kinder, more compassionate self-narrative.

3. **Set Realistic Expectations and Celebrate Small Wins**: Often, joy is stolen by unrealistic expectations and the pressure of perfectionism. Set achievable goals and celebrate every small victory along the way. This shift in perspective can bring a sense of accomplishment and joy in everyday life.

4. **Engage in Activities that Spark Joy**: Allocate time for activities you genuinely enjoy and that make you feel good. Whether it's a hobby, exercise, reading, or spending time with loved ones, doing things that bring happiness can counteract feelings of self-doubt and negativity.

5. **Seek Connection and Support**: Do not discount the importance of social support. Sharing feelings with trusted friends, family, or supportive groups can help in gaining perspective and reducing the habit of self-judgment. Sometimes, just knowing others share similar experiences can be comforting and reduce the tendency to be overly critical of oneself.

These suggestions aim to foster self-compassion, awareness, and a positive mindset, which are key in stopping the theft of one's own joy.