

My JOY List

Jot down 15 things that will help you feel more joy in your life.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

Remember, try to find time each day to do some of the items on your Joy List.