

Name: _____

My Joy List

What are 15 different things (big or small) that can bring you more JOY. Try to pick one each day to do!

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

14. _____

15. _____