



How to Keep a JOY Journal

LOOK. LISTEN. WRITE.

JOY DEEPENS CONNECTIONS ~ TO YOURSELF, TO
THOSE YOU LOVE, AND TO THE WORLD AROUND YOU.

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WHAT YOU'LL NEED TO KEEP A JOY JOURNAL:

STEP 1:

GET A SPIRAL NOTEBOOK OR A SPECIAL JOURNAL. GATHER UP YOUR FAVORITE WRITING TOOLS ~
COLORED MARKERS, PENS, PENCILS.... THIS IS YOUR JOY JOURNAL.
YOU GET TO MAKE IT HOWEVER YOU LIKE IT!

STEP 2:

CHOOSE A TIME, EVERY DAY, TO WRITE DOWN THE THINGS YOU'VE NOTICED THAT BRING YOU JOY.
YOU MIGHT WRITE ABOUT ~ A DAY AT THE BEACH, THE POSITIVE VIBES SHARED WITH A FRIEND, A
DELICIOUS CUP OF TEA OR COFFEE, YOUR DOG'S ANTICS.... THIS IS YOUR LIST, NO ONE ELSE'S.
GIVE YOURSELF PERMISSION TO WRITE DOWN WHAT BRINGS YOU JOY.

STEP 3:

ONCE IN A WHILE, READ THROUGH YOUR JOY JOURNAL.
TAKE A MOMENT AND BASK IN THE JOY THAT IS YOU.
THE POWER OF JOY CAN CHANGE YOUR LIFE.
INVITE JOY IN!