FINDING JOY IN EVERYDAY LIFE

A little practice in expecting and recognizing joy

For the next seven days, begin each morning by simply setting an intention to experience joy throughout your day. At the end of the day, write down one moment that brought you a smile, peace, appreciation, or happiness. As you continue this practice, notice how joy becomes easier to recognize in your everyday life.

Your Seven Days of Joy

Day 1 _____

Day 2 _____

Day 3 _____

Day 4 _____

Day 5 _____

Day 6 _____

Day 7 _____

Keep Growing Joy

At the end of each week, begin a fresh sheet. Continue this practice for at least three weeks, allowing yourself to recognize and expect more joy in your everyday life. As the days pass, notice how your thoughts and feelings begin to change. Are you beginning to expect joy naturally, even before your day begins? Remember, the more you practice expecting joy, the more natural it can become.