

SIX DAYS OF JOY

LET'S TRACK YOUR JOY



MONDAY.



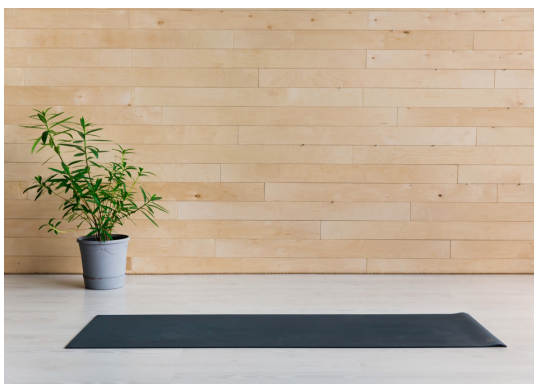
TUESDAY.



WEDNESDAY.



THURSDAY.



FRIDAY.



SATURDAY.

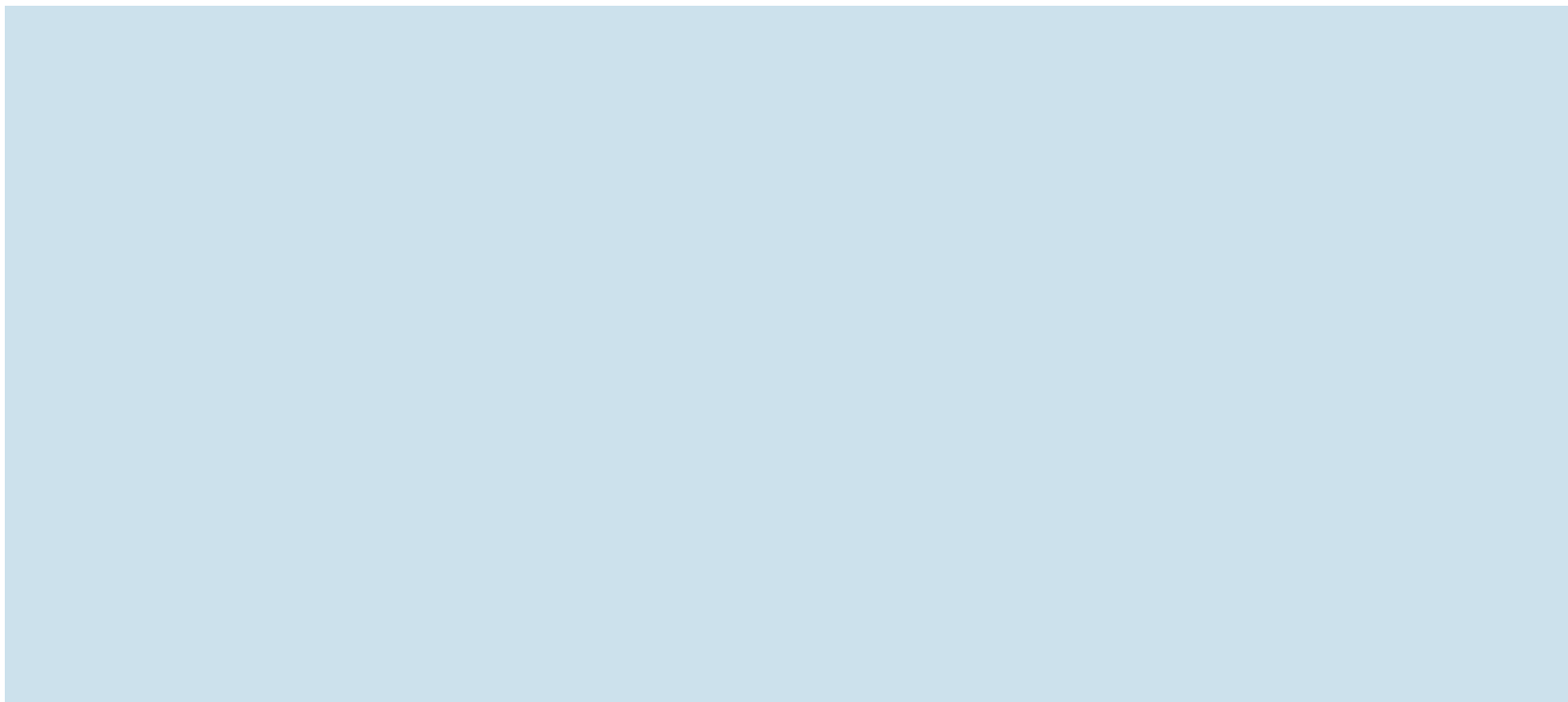


SUNDAY WE REST.

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MONDAY. TAKE A FEW MINUTES TO JOURNAL ON ONE THING THAT BROUGHT YOU JOY TODAY. WHEN YOU'RE DONE, ADD THIS TO NEXT MONDAY'S CALENDAR AS AN EVENT TO REPEAT WEEKLY. SET A REMINDER TO SET TIME ASIDE FOR YOUR JOY ACTIVITY!



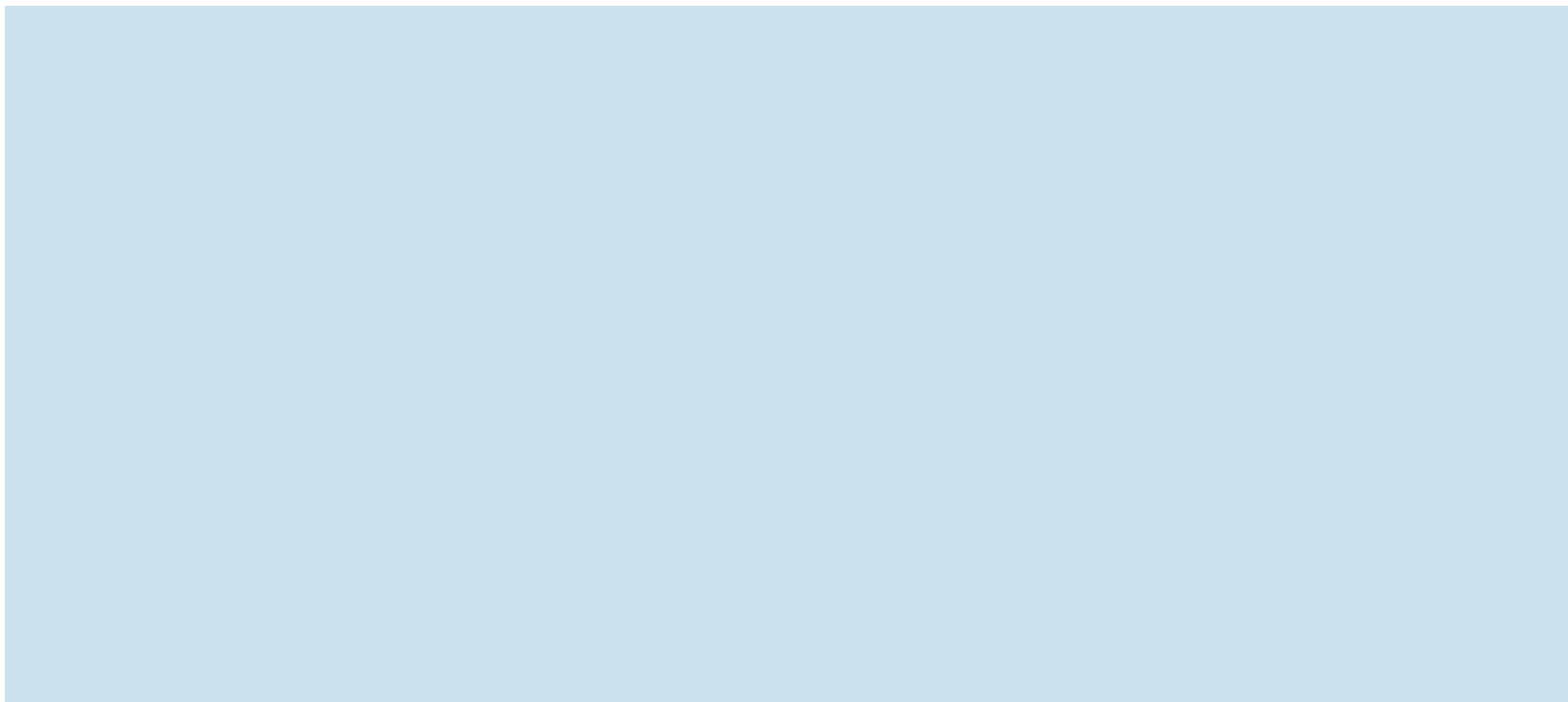
TIP: ADD THIS TO YOUR WEEKLY CALENDAR



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TUESDAY. TAKE A FEW MINUTES TO JOURNAL ON ONE THING THAT BROUGHT YOU JOY TODAY. WHEN YOU'RE DONE, TAKE SOME TIME TO JOURNAL ON HOW THIS MADE YOU FEEL, WHO WAS INVOLVED, AND WHERE IN YOUR LIFE YOU CAN ADD THIS IN WEEKLY.



TIP: ADD THIS TO YOUR WEEKLY CALENDAR

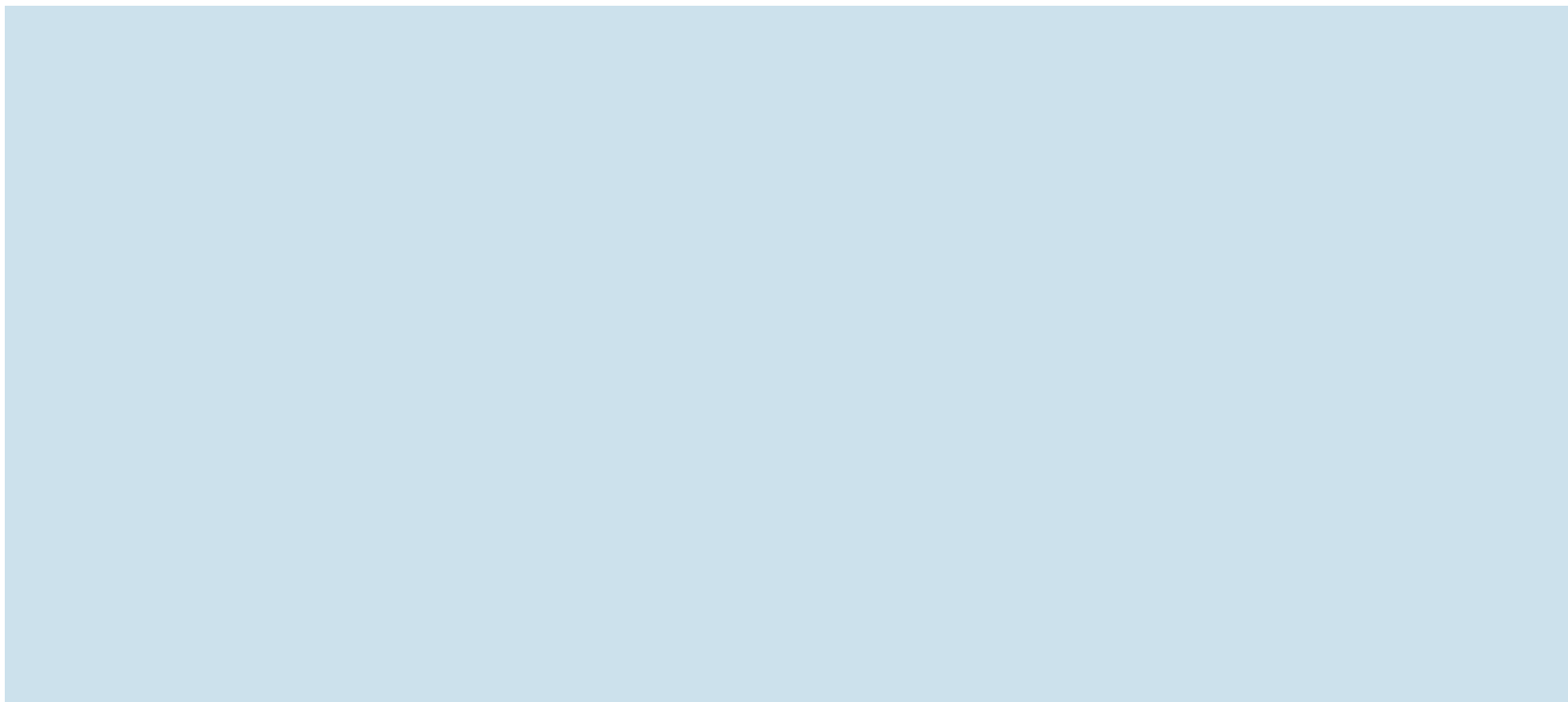


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WEDNESDAY. TAKE A FEW MINUTES TO JOURNAL ON ONE THING THAT BROUGHT YOU JOY TODAY. PULL OUT YOUR FAVORITE COLORED PENCILS AND MANDALA BOOK (OR WHATEVER SUPPLIES YOU HAVE) AND DRAW OUT THE SCENARIO AS YOUR MIND'S EYE SEES IT.

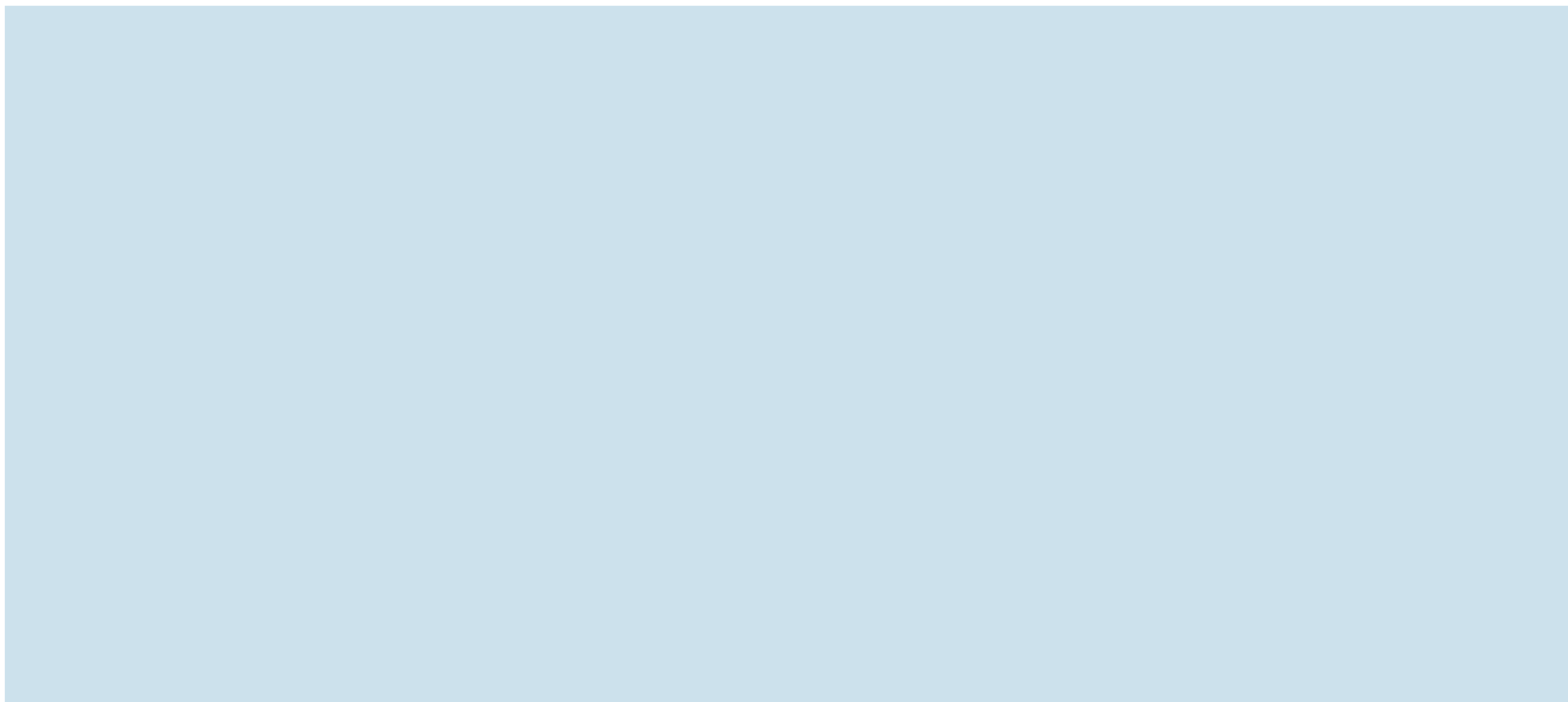


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THURSDAY. TAKE A FEW MINUTES TO JOURNAL ON ONE THING THAT BROUGHT YOU JOY TODAY. HEAD OVER TO YOUTUBE AND FIND A SONG THAT MAKES YOU WANT TO DANCE. MAYBE EVEN MOVE A BIT! DANCE LIKE NO ONE IS WATCHING OR INVITE THEM TO JOIN, IF SO!



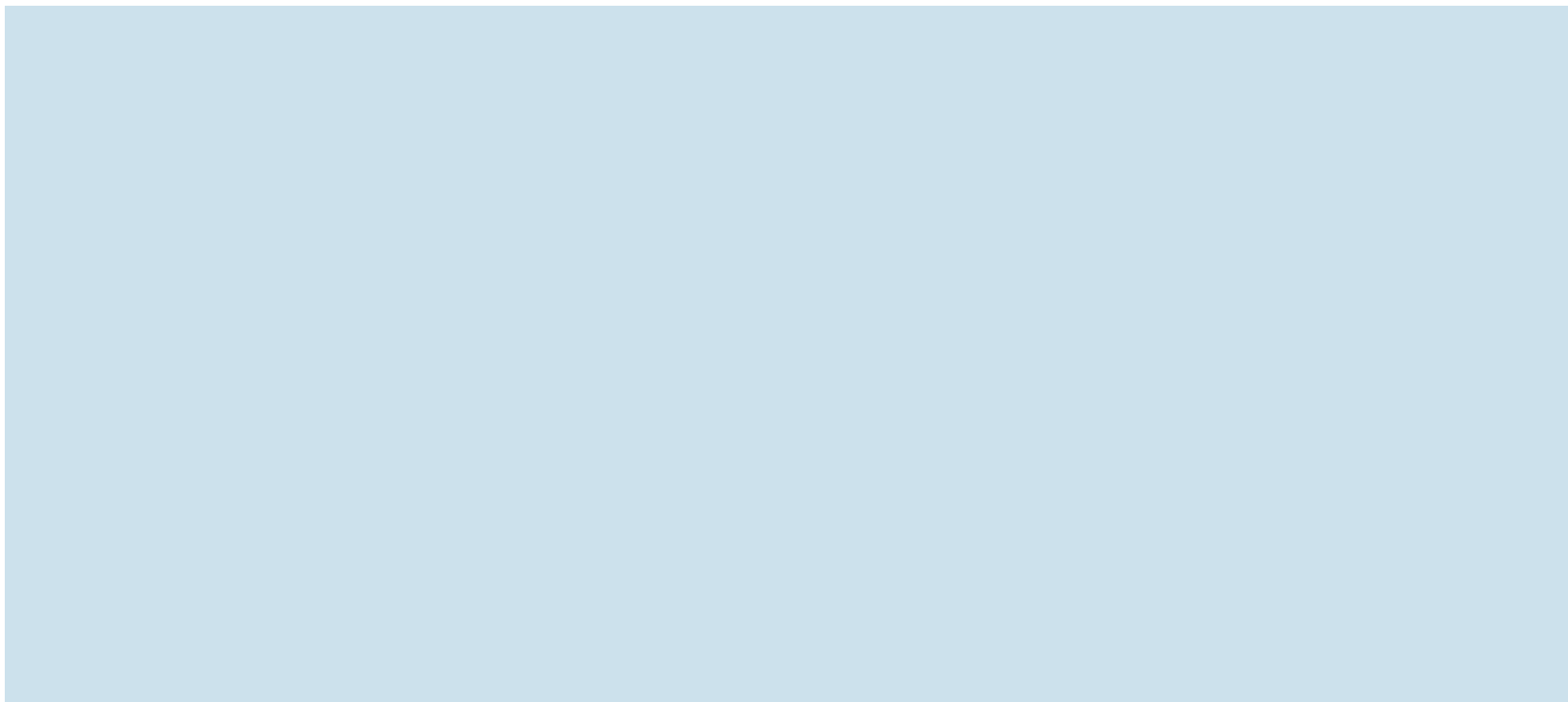
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FRIDAY. TAKE A FEW MINUTES TO JOURNAL ON ONE THING THAT BROUGHT YOU JOY TODAY. IT'S TIME TO EAT A MEAL MINDFULLY. SHUT OFF ALL OF YOUR DISTRACTIONS. EAT SLOWLY AND WITH PURPOSE. SAVOR THE FLAVORS AS YOU RECALL WHAT BROUGHT YOU JOY TODAY.



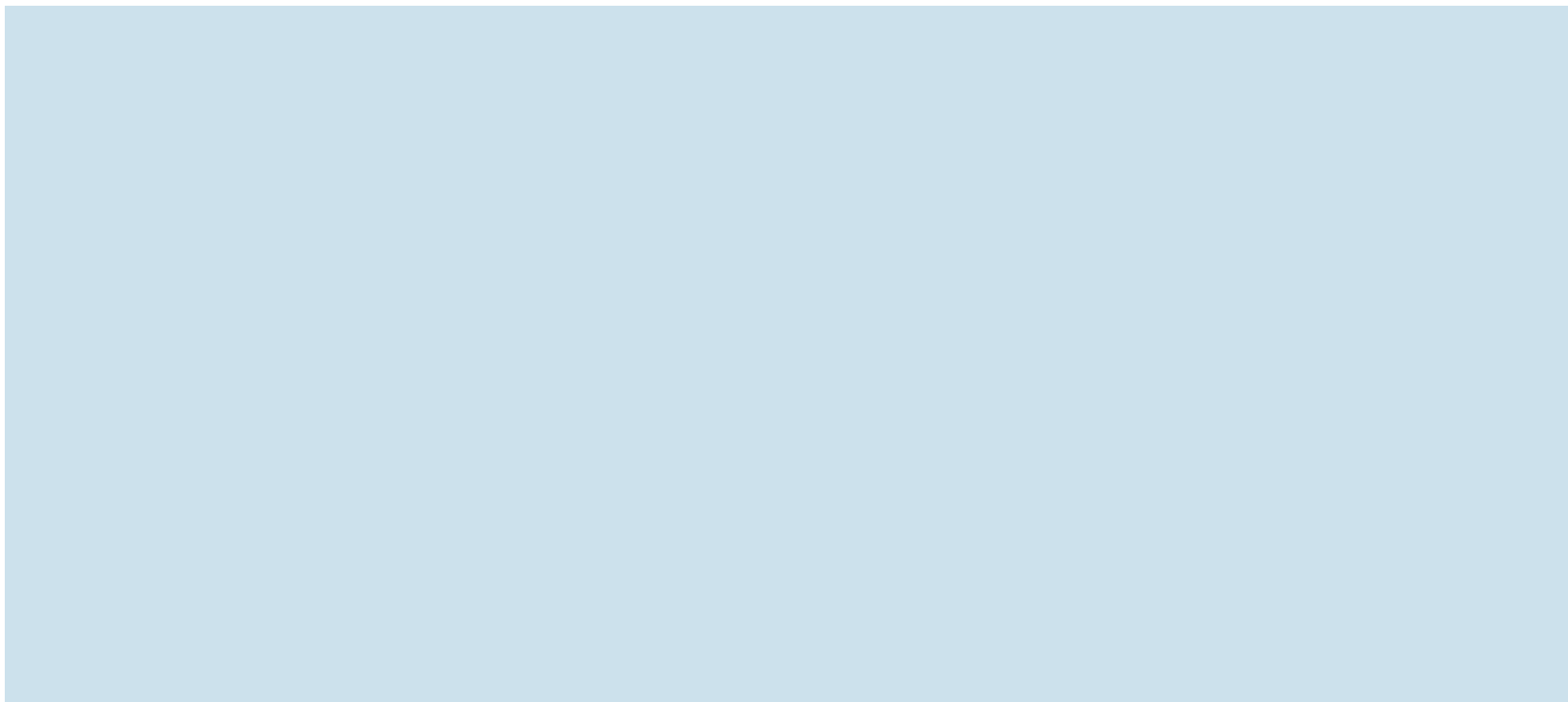
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SATURDAY. TAKE A FEW MINUTES TO JOURNAL ON ONE THING THAT BROUGHT YOU JOY TODAY. READ SOMETHING NEW. EITHER HEAD OVER TO YOUR LOCAL BOOKSTORE OR GOOGLE AN ARTICLE OF INTEREST. SET A BIT OF TIME TO INGEST SOME HIGH-FREQUENCY MEDIA TODAY.



TIP: ADD THIS TO YOUR WEEKLY CALENDAR

