GOAL:
Experience joy 5 days per week!

Use the calendar to keep track and the prompts to help you explore what brings you joy!

Use the questions to discover what brings you joy:

- What brings a smile to your face?
- What makes you lose track of time?
- Who do you enjoy spending time with?
- What is one thing you can talk about for hours?
- What lifts you up without spending any money?
- What made you happy as a child or young adult?