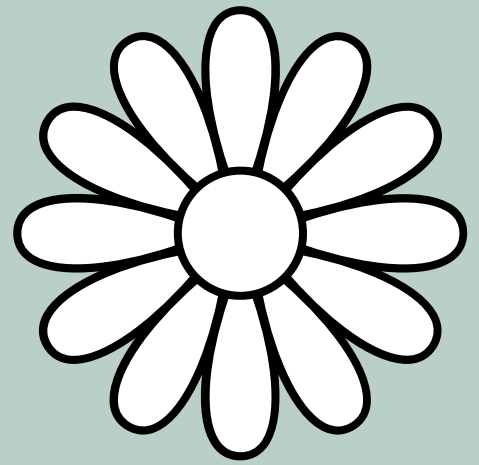
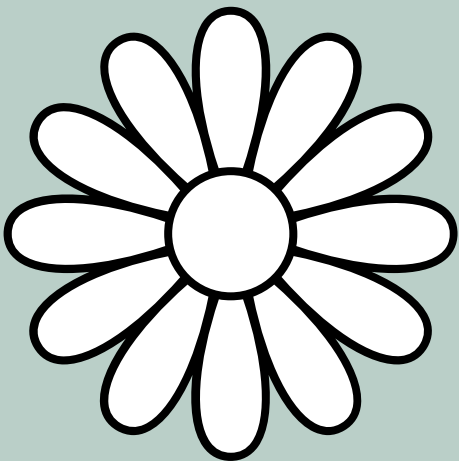


*Monthly*

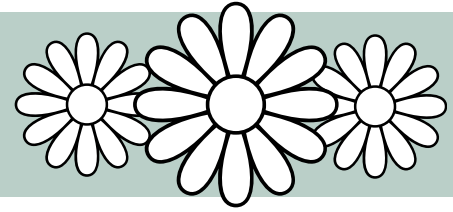


**JOY**

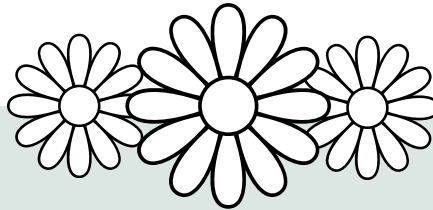
**CHALLENGE**



# WELCOME



This challenge is designed to inspire you to incorporate new and joyful habits into your life each month. By focusing on a different aspect of joy every month, you can explore various activities, practices, and mindsets that enhance your overall well-being and happiness. Each challenge is simple, actionable, and aimed at helping you discover new sources of joy.



**CHALLENGE  
YOURSELF.  
IT'S THE ONLY PATH  
THAT LEADS TO  
GROWTH.**

Morgan Freeman