

What brings you joy?

Often we forget about the simple things in life that bring us joy and connect us with the spirit within. This is a lovely way to remind yourself of the things that bring us joy and connect us back with our spirit. What you will also find that these things will reduce your anxiety if you choose to participate.

Journal it: Make an A to Z list of things that bring you joy.

A
B
C
D
E
F
G
H
I
J
K
L
M
N
O
P
Q
R
S
T
U
V
W

E.g.

- B – Bake
- C - Cook
- D - Dance
- H – Hike
- K – Be kind
- S – Swim
- T - Talk with friends
- W - Walk

Choose to follow your joy

- Choose an activity

- Choose to follow your joy
- Journal and reflect