

“Joy does not simply happen to us. We have to choose joy and keep choosing it every day.  
Henri Nouwen”

# Joyful, Joyful

Finding What Brings You Joy and What Hinders You

Is joyfulness different from happiness? Explain.

What are some things that may steal your joy? For example, it has been said that “comparison is the thief of joy.” What keeps you from being joyful? Explain.

Joyfulness Mantra-Positive Affirmation  
Example: I will find joy in my journey!

Do you feel that joy is something you have to work to deserve? Explain.

What do you physically feel like when you experience joy?

What are 4 songs on your playlist that “give you life”?

What are a few things that you find joy in doing? Hobbies, etc.