

Journey to Wellness — A free self-guided healthy living program

Discover your joy

Joy can be found in everyday situations. Some people find joy in caring for others, being in nature or trying new things. If you deliberately strive to bring a sense of gratitude, wonder and fun to your life, you'll likely feel happier and find joy in significant and minor things. Use this tool to help you discover what brings you joy.

Step 1: Complete the self-evaluation before completing the four-week tracking.

What activities did you love to do as a child? _____

When do you feel the happiest? _____

List five activities that bring you joy: _____

What dream or adventure do you have tucked away or keep putting off? _____

Who or what excites you and gives you positive energy? _____

Step 2: Complete the weekly check-in.

Each week, check off the activities you complete.

Wk 1	Wk 2	Wk 3	Wk 4	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Participated in an activity I enjoy.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tried something new.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spent time in nature.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Spent time with people I enjoy being around.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Prioritized self-care.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Offered an act of kindness.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Found one thing to be grateful for.

Step 3: Post tracking. Determine which activities you may consider making a part of your life.

During what activities did you lose track of time when doing? _____

What was your favorite new activity? _____

What was your favorite nature spot or way to be in nature? _____

Who did you most enjoy being around? _____

How are you going to prioritize self-care? _____

How can you prioritize activities that bring you joy? _____

