The background is a deep purple with a textured, slightly mottled appearance. Two horizontal streaks of gold glitter are positioned above and below the main title, curving slightly. The text is written in a white, elegant cursive font.

*Source Joy
Mini Companion
Guide*

Sparkle On!

JenJoyPurple

Welcome to Having More Joy

This guide focuses on achieving sustained happiness and joy through practical, manageable approaches.

The core themes of this guide are cultivating joy, a process of self-discovery and creating positive shifts.

Thoughtfully crafted for individuals seeking a meaningful and joyful transformation in their lives.

Discover your unique sources of happiness, and learn practical strategies to infuse joy into every aspect of your life.

Elevate your well-being, foster meaningful connections, and embark on your ongoing path to sustained joy!

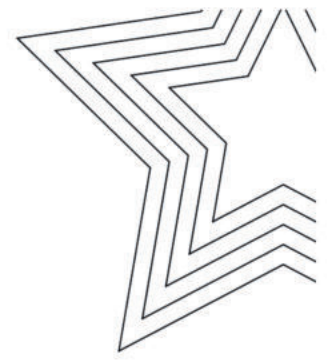
✦ G U I D E B O O K ✦



**Source Joy
& Share It**

Tips from a professional unicorn
on how to sustain joy in everyday living

WRITTEN BY
Jenifer Joy aka JenUwin the Unicorn



Introduction

WHO AM I?

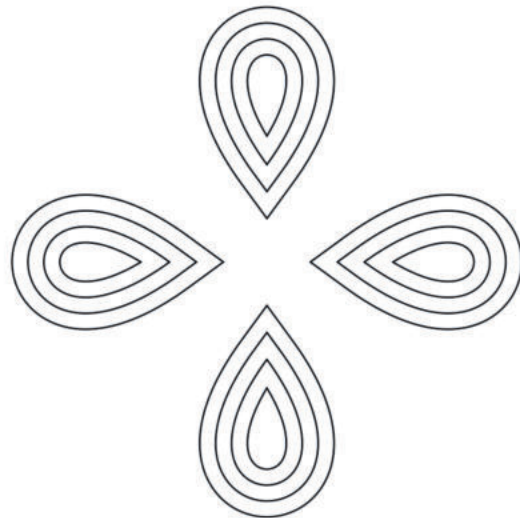
I am a professional unicorn, artist, educator, entertainer, musician, classical saxophone ambassador, champion of joy, writer, author, producer, recording artist, graphic designer, website builder, biz coach, model, photographer, etc... I'm a multifaceted unicorn.

MY REASONS

My mission, whether I choose it or it choose me, is Joy. I've formulated that to become this: I source and share joy by utilizing my gifts and skills to serve and uplift others.

OUR DESTINATION

Joy is more than happiness or a fleeting emotion. Joy is a neurological event and thus can be cultivated regularly to be experienced often. Joy is a vital resource needed for personal wellbeing, collective harmony and business productivity and profitability. Joy is a state of being, and it can be yours.

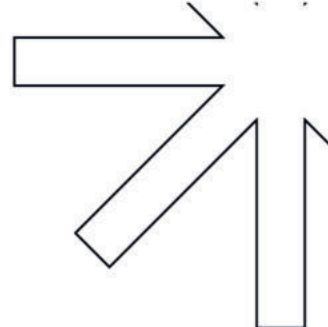




How to sustain joy

Communication becomes a catalyst for joy as you learn to share your thoughts, feelings, and creations with the world.

It's about putting yourself out there—embracing vulnerability as a strength, not a weakness. Discover the profound joy that arises when you boldly and authentically express your ideas, embracing the potential for connection and understanding.



Creating Joy in Every Life

Goals For
My Mind

- Wander & Wonder
- Unplug for an hour
- Keep an journal
- Have a self date
- Go cloud watching
- Do a mini declutter

Goals For
My Body

- Take a few deep breaths
- Run for a few minutes
- Take a quick nap
- Have a good laugh
- Do a massage
- Wake up and smile

MIND

BODY



The logo for 'Joy Fodder' features the words 'Joy Fodder' in a white, elegant cursive font. The text is centered and surrounded by a circular arrangement of small, white, radiating lines, resembling a sunburst or a starburst effect.

Joy Fodder

The power of joy is a beautiful and impactful aspect of human experience.

Joy has numerous health benefits. It can boost the immune system, reduce stress, lower blood pressure, and even increase lifespan. When you're joyful, your body releases endorphins, which are natural mood lifters.

IDEAS TO SPARK JOY

ALL THE THINGS I WANT TO DO BEFORE I DIE

- TAKE MORE BEAUTIFUL PHOTOS AND VIDEOS
- HAVE A DAY WITHOUT INTERNET
- RENT A HOUSE IN THE COUNTRYSIDE FOR THE WEEKEND
- WALK OUTSIDE MORE OFTEN
- RIDE A CAROUSEL AND EAT COTTON CANDY
- WATCH THE SUNRISE
- WALK AROUND THE CITY AT NIGHT
- TRY 10 TYPES OF ICE CREAM
- DO SOMETHING CREATIVE
- HAVE A SUMMER PHOTOSHOOT
- BUY FRESH FRUITS AND BERRIES
- CREATE A SUMMER PLAYLIST
- MAKE A LIST OF BOOKS FOR THE SUMMER
- TAKE A BOAT RIDE
- DO YOGA AND MEDITATION

LIFETIME BUCKET LIST

ALL THE THINGS I WANT TO DO BEFORE I DIE



How to sustain joy

*Prioritizing self-care isn't a luxury;
it's a vital investment in your joy and resilience.*

*Delve into activities that bring you joy,
separate from the roles and responsibilities that
define your daily existence.*

*These moments of self-care-joy become a
sanctuary, allowing you to recharge and
reconnect with makes you truly happy.*

Organizing your week to prioritize joy

is a wonderful way to enhance your overall well-being.

Here are nine ways to help you achieve that:

- 1. Create a Joyful To-Do List:** Start your week by making a list of activities that bring you joy. This could include hobbies, spending time with loved ones, or engaging in leisure activities.
- 2. Schedule Joyful Moments:** Assign specific time slots in your weekly calendar for these joyful activities. Treat them with the same importance as work-related tasks or appointments.
- 3. Practice Mindfulness:** Dedicate time each day to mindfulness or meditation. These practices can help you stay present, reduce stress, and savor joyful moments more fully.
- 4. Set Realistic Goals:** Be mindful of your schedule and responsibilities. Set achievable goals for the week to prevent overcommitting and feeling overwhelmed.
- 5. Prioritize Self-Care:** Schedule self-care activities like a bubble bath, a spa day, or simply quiet time for relaxation. Self-care is essential for maintaining joy.

6. **Connect with Loved Ones:** Plan meaningful interactions with family and friends. These connections can be a significant source of joy and emotional support.

7. **Embrace Nature:** Spend time outdoors. Whether it's a walk in the park, hiking, or gardening, connecting with nature can rejuvenate your spirit.

8. **Limit Digital Distractions:** Set boundaries with technology and social media to prevent them from consuming too much of your time. Unplugging can lead to a greater sense of joy and presence.

9. **Celebrate Small Achievements:** Acknowledge your accomplishments, no matter how small. Celebrating your successes can boost your self-esteem and bring joy to your week.

Joy is a personal and subjective experience, so tailor your weekly organization to prioritize activities and moments that genuinely bring you happiness and fulfillment.

The logo for 'Joy Fodder' features the words 'Joy Fodder' in a white, elegant cursive font. The text is centered and surrounded by a circular arrangement of small, white, radiating lines, resembling a sunburst or a starburst effect.

Joy Fodder

Sharing moments of joy with others can create strong social bonds. It's an emotion that's easily contagious and can spread positivity within families, friendships, and communities.

Joy can help individuals cope with adversity and build resilience. It doesn't eliminate challenges, but it provides a positive outlook and emotional buffer against life's difficulties.

DATE:

GRATITUDE REFLECTION

DESCRIBE WHAT ARE YOU GRATEFUL FOR TODAY

3 THINGS WHAT YOU LOVE ABOUT YOURSELF

THE THINGS YOU CAN APPRECIATE



How to sustain joy

A morning routine can set a positive tone for your day. Cultivate joy by creating a personalized morning ritual that aligns with your unique preferences. Doing this will craft mornings filled with joy, purpose, with a vibrant start to each day.

10 WAYS I FEEL

Grateful

1

2

3

4

5

6

7

8

9

10

Reclaiming Joy from Digital Distractions:

Digital distractions can come at a cost to our well-being and joy. By adopting strategies to manage and reduce these distractions, we can reclaim our time and attention, leading to a more fulfilling and joyful life.

Mindful Consumption: Being more conscious of our digital consumption can help us regain control over our time and attention. Set boundaries for when and how you use digital devices.

Digital Detox: Periodically disconnecting from digital distractions can be liberating. Schedule tech-free hours or days to focus on more meaningful, real-world experiences.

Prioritize Face-to-Face Interaction: Make an effort to prioritize in-person interactions over digital ones. Spend quality time with loved ones to nurture deeper, more joyful relationships.

Digital Declutter: Regularly clean up your digital life by unfollowing accounts that make you feel negative emotions and decluttering your digital workspace for increased focus and joy.

Practice Mindfulness: Mindfulness techniques can help you stay present, reduce stress, and cultivate joy. Engage in activities that encourage being fully in the moment, such as meditation or nature walks.

Set Goals and Limit Screen Time: Define your digital goals and set limits on screen time. Be intentional about what you consume, balancing work, entertainment, and joy-promoting activities.

Reconnect with Hobbies: Rediscover or develop hobbies and interests that bring you joy outside the digital realm. Engaging in creative and physical activities can be fulfilling.

Nurture Real Connections: Invest in deep, meaningful relationships with friends and family. Genuine connections often bring more joy than superficial digital interactions.

Digital-Free Bedrooms: Create a technology-free bedroom to improve the quality of your sleep, promoting better physical and mental health.

Reflect and Adjust: Periodically assess how digital distractions are affecting your joy and make adjustments to your digital habits and environment accordingly.

Educate and Empower: Teach children and young adults about the potential negative effects of digital distractions and encourage them to use technology mindfully.

Mindful Practices for Cultivating Joy.

Mindful Breathing: Focusing on your breath is a foundational mindfulness practice that can help you center yourself and find joy in the rhythm of your breath.

Mindful Walking: Walking mindfully, paying attention to each step and the sensations in your body, can connect you with the joy of movement and the world around you.

Mindful Eating: Eating mindfully involves savoring every bite, appreciating the flavors and textures of your food, and finding joy in the act of nourishing your body.

Body Scan: A body scan practice helps you become aware of bodily sensations and can lead to the discovery of hidden joy in the body's vitality.

Loving-kindness Meditation: This practice involves sending well wishes and love to yourself and others, promoting a sense of joy, compassion, and interconnectedness.

Observing Emotions: Mindfulness allows you to observe your emotions without judgment. This awareness can help you find joy in the full spectrum of human feelings.



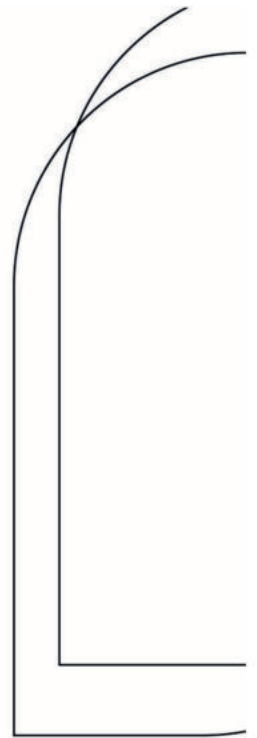
Joy Fodder

*Acts of kindness have a ripple effect.
One act of giving can inspire others to do the
same, creating a positive chain reaction.
A simple act of kindness can lead to a domino
effect of happiness, touching the lives of many.*

*Expressing gratitude for the people in our lives
enhances the joy of connection. Appreciating the
positive impact of these relationships fosters
stronger bonds.*



Understanding Self Care



WHAT IS SELF CARE?

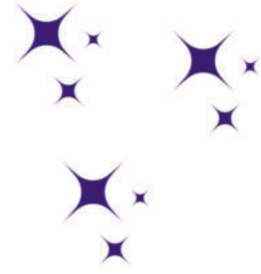
Self care is an activity carried out by individuals to care for themselves with things that benefit themselves, both spiritually and physically. In short, self care is taking care of yourself.

However, self care is often considered selfish by some people. Why is that? This happens because from a young age our mindset or some people have been taught that "we have to care about and prioritize other people before ourselves." Finally, the concept is embedded by some people.

Indeed, caring and being concerned about others is something that needs to be applied within yourself, but don't forget to remain selfish. In fact, self care must be balanced.



Types of Self Care



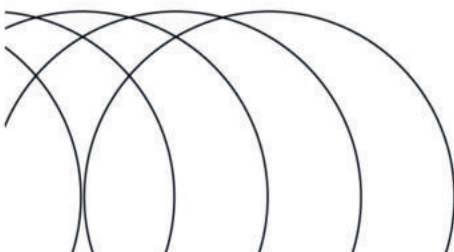
Physical Self Care

Emotional Self Care

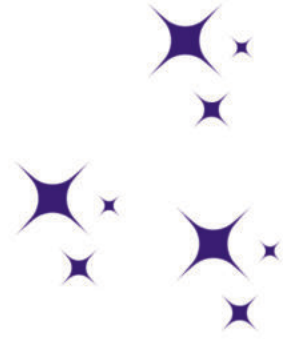
Spiritual Self Care

Personal Self Care

Intellectual Self Care



Ways to Improve Self Care



INCREASE SELF ESTEEM

Self esteem is the most important part of self care, especially in avoiding psychiatric or psychological illness. This is because a low level of self-esteem can put oneself in a state of constant anxiety and negative thinking.

MEDITATION

Meditating will help you to recognize emotional feelings, whether they are positive or negative emotions. Spend at least 5-10 minutes a day meditating.

EXERCISING ROUTINE

Doing sports has been proven to affect our body and mind. Sports are not always synonymous with burdensome activities. There are several relaxing sports that we can apply, such as aerobics, jogging, cycling, and the like.

BODY CARE

If your body feels tired from the work you have done all day, do this self care. Doing massage, spa, or just doing aromatherapy will make your body and mind relaxed and fresh.

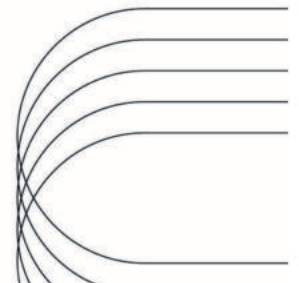




Self care Ideas for life Balance



1. Take a random day off. Have a day off without any planning or purpose. Just to be off from work.
2. Plan for a weekend holiday. Go for a short trip. Escape from the routine.
3. Get to work early. Avoid the rush hour. This also means you might be able to leave work early.
4. Leave work early. Enjoy some free time when the sun is still there.
5. Eat lunch away from your office. Take a little break. Breathe some fresh air.
6. Have a small chat. Talk about something other than work. This makes your time at work less dull.
7. Turn off work-related email notification. Make off-hour really off-hour.
8. Wear your favorite outfit to work. Boost your happiness by a smart and refreshing appearance.
9. Have some healthy snacks. Supply energy to your body.
10. Listen to soft music. Relieve your stress with a soft background music.





Self Care in Difficult Times

SET BOUNDARIES

On a daily basis, Ricketts recommended to, “Acknowledge your privilege, set boundaries, and learn to say no.” Setting boundaries is essential to a healthy life, but it’s a skill that many of us never learn.

Meditate

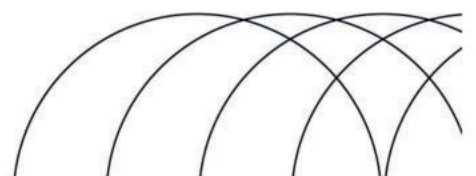
There’s a reason that meditation is one of the most talked-about practices in the wellness world—this is powerful. Meditation is effective for self-care because it takes our focus off of the world around us, and puts it back on ourselves.

Rest (no, not just sleeping)

On a daily basis, Ricketts recommended to, “Acknowledge your privilege, set boundaries, and learn to say no.” Setting boundaries is essential to a healthy life, but it’s a skill that many of us never learn.

Check in with yourself frequently

There’s a reason that meditation is one of the most talked-about practices in the wellness world—this sh*t is powerful. Meditation is effective for self-care because it takes our focus off of the world around us, and puts it back on ourselves.



20 activities you can do by yourself to find joy:

1. **Reading:** Get lost in a good book that you've been wanting to read.
2. **Nature Walks:** Take a solo hike in a nearby park or nature reserve.
3. **Journaling:** Write down your thoughts, dreams, and goals in a journal.
4. **Photography:** Explore your surroundings and capture moments of beauty with your camera.
5. **Meditation:** Practice mindfulness meditation to find inner peace and contentment.
6. **Cooking or Baking:** Try out a new recipe and savor the delicious results.
7. **Art or Crafting:** Engage in creative activities like drawing, painting, knitting, or crafting.
8. **Music:** Listen to your favorite music or try playing a musical instrument.
9. **Yoga:** Practice yoga to connect with your body and mind.
10. **Gardening:** Cultivate a garden or tend to indoor plants.

11. **Volunteering:** Give your time to a cause you're passionate about.
12. **Solo Travel:** Explore a new place on your own and embrace new experiences.
13. **Exercise:** Go for a run, bike ride, or take a solo fitness class.
14. **Stargazing:** Spend a night under the stars and contemplate the universe.
15. **Spa Day:** Pamper yourself with a DIY spa day at home.
16. **Learn Something New:** Take an online course or workshop on a topic that interests you.
17. **Watch a Sunrise or Sunset:** Find a beautiful spot to witness the beauty of nature.
18. **Art Museums or Galleries:** Explore the world of art at your own pace.
19. **Mindful Breathing:** Practice deep breathing exercises for relaxation.
20. **Random Acts of Kindness:** Perform acts of kindness for others, even if it's as simple as buying a stranger a coffee.

Cultivating joy in everyday living

involves adopting positive habits and practices that can enhance your overall well-being.

Practice Gratitude: Regularly reflect on and appreciate the things you're thankful for in your life.

Mindfulness Meditation: Engage in mindfulness exercises to stay present and fully experience the current moment.

Connect with Nature: Spend time outdoors, whether it's a walk in the park, gardening, or simply enjoying natural beauty.

Physical Activity: Incorporate regular exercise into your routine, as it releases endorphins that promote happiness.

Pursue Hobbies: Dedicate time to activities you're passionate about, whether it's painting, playing an instrument, or cooking.

Acts of Kindness: Perform random acts of kindness for others, as giving can boost your own joy.

Learn Continuously: Engage in lifelong learning and explore new interests to keep your mind active and curious.

Practice Self-Compassion: Treat yourself with the kindness and understanding that you would offer a close friend.

Limit Screen Time: Reduce excessive screen time and social media use, as it can contribute to stress and anxiety.

1. Foundations of Joy

"Joy is the simplest form of gratitude"

Enjoy the little things, for one day you look back and realize they were the big things.

1 What does joy mean to you personally?

2 Reflect on a moment when you experienced joy - what contributed to that joy?

3 How do you perceive the connection between joy and neuroscience?

4 How can understanding the neuroscience of joy enhance your daily life?

5 In what ways can you intentionally incorporate more joy into your routine?

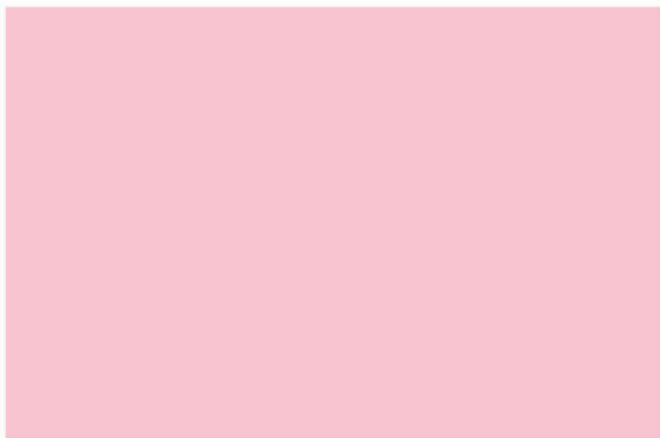
6 Take a stroll down memory lane and recall a time when you felt pure joy - how can you incorporate elements of that memory into your present life?

7 Craft a playlist of songs that uplifts your spirits - share this playlist with a friend and ask them to add a song that brings them joy!

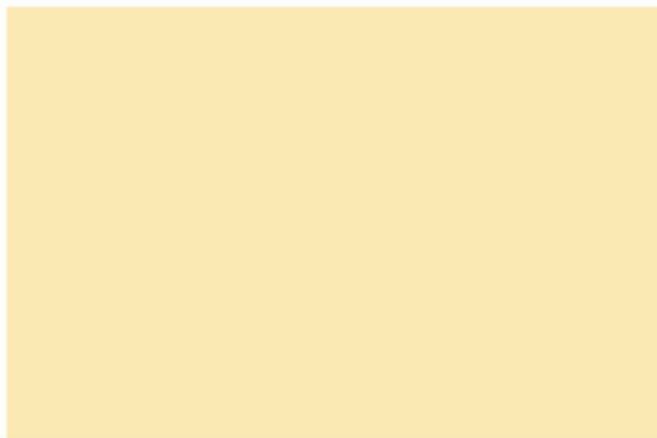


JOY WEEKLY ROUTINE

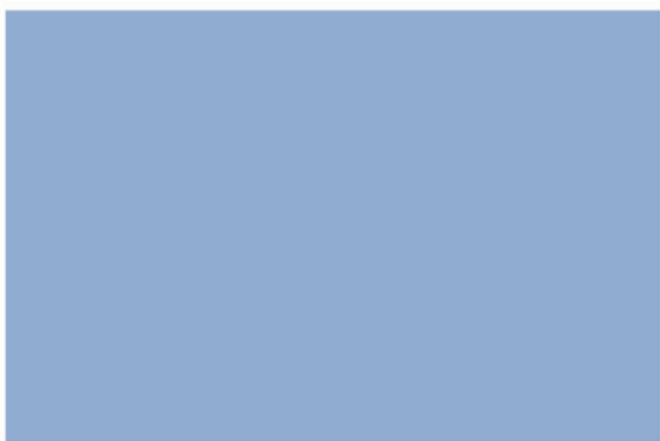
Hideous Monday



Focus Tuesday



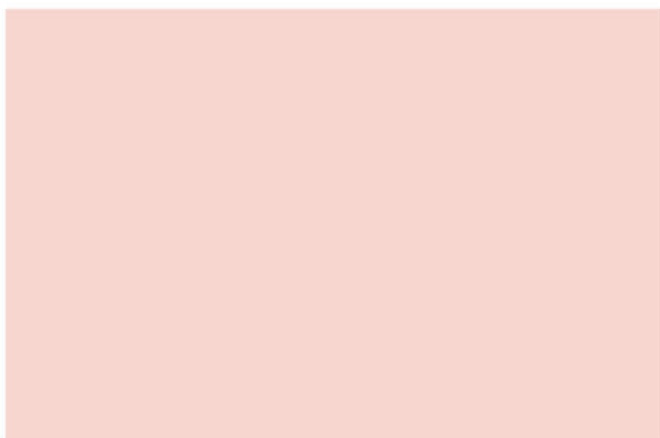
Hump Wednesday



Wrap Up Thursday



Freedom Friday



Social Saturday!



JOY FOCUS PLANNER

JOY MISSION OF THE DAY

DUMP ZONE FOR
INSPIRED IDEAS
(TO PLAY WITH LATER)

TODAY'S GET-TO-DO TASKS

1. _____

2. _____

3. _____

NOTES:

TODAY'S WANT-TO-DO TASKS

1. _____

2. _____

3. _____

NOTES:



JOY GOAL WORKSHEET

DATE:

GOAL:

WHY?

STEPS TO TAKE

- _____
- _____
- _____
- _____

NOTES

10 WAYS I FEEL

Grateful

1

2

3

4

5

6

7

8

9

10

2. Gratitude & Appreciation

"Gratitude can transform ordinary opportunities into blessings."

Enjoy the little things, for one day you look back and realize they were the big things.

- 1 List three things you're grateful for today.

- 2 Reflect on a challenging situation and find one aspect to be thankful for.

- 3 How does practicing gratitude impact your mood?

- 4 Create a gratitude jar where you deposit notes about things you're thankful for.

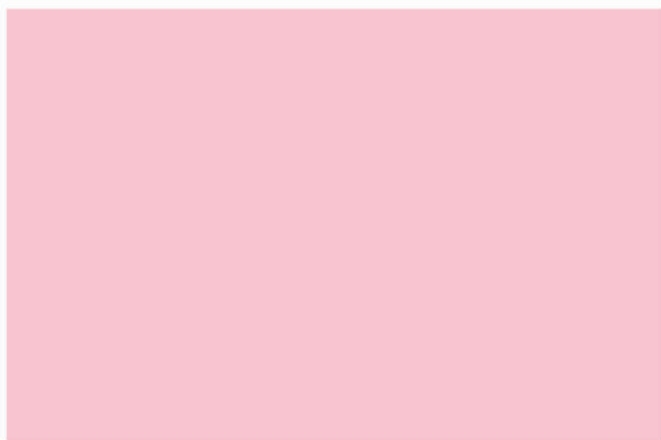
- 5 How can you turn challenges into opportunities for gratitude?

- 6 Keep a gratitude journal for a week, noting three things each day.

- 7 Start and end your day by expressing gratitude for one thing.

JOY WEEKLY ROUTINE

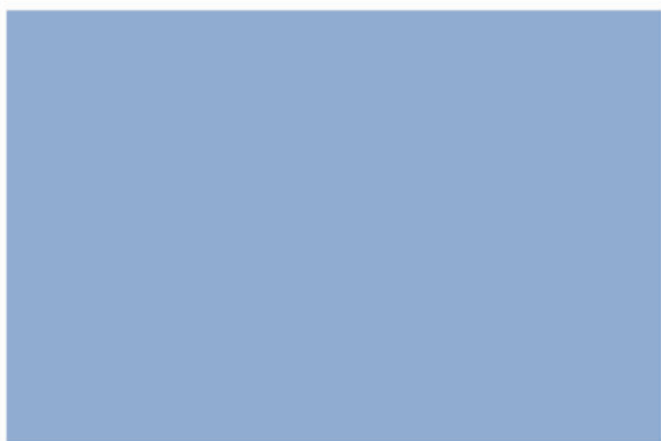
Hideous Monday



Focus Tuesday



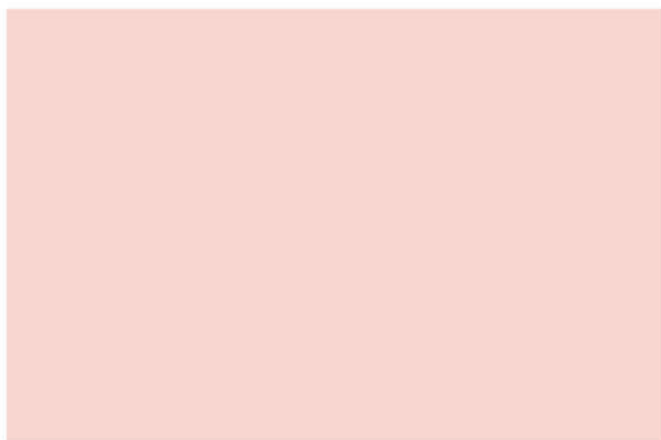
Hump Wednesday



Wrap Up Thursday



Freedom Friday



Social Saturday!



JOY FOCUS PLANNER

JOY MISSION OF THE DAY

DUMP ZONE FOR
INSPIRED IDEAS
(TO PLAY WITH LATER)

TODAY'S GET-TO-DO TASKS

1. _____

2. _____

3. _____

NOTES:

TODAY'S WANT-TO-DO TASKS

1. _____

2. _____

3. _____

NOTES:



JOY GOAL WORKSHEET

DATE:

GOAL:

WHY?

STEPS TO TAKE

- _____
- _____
- _____
- _____

NOTES

10 WAYS I FEEL

Grateful

1

2

3

4

5

6

7

8

9

10

3. Healthy Lifestyle

"The groundwork of all happiness is health."

Enjoy the little things, for one day you look back and realize they were the big things.

- 1 Reflect on the connection between your lifestyle choices and your overall well-being.

- 2 List one small change you can make in your daily routine to improve your health.

- 3 How can a positive mindset contribute to a healthy lifestyle?

- 4 Take a 30-minute nature walk and observe the positive effects on your mood.

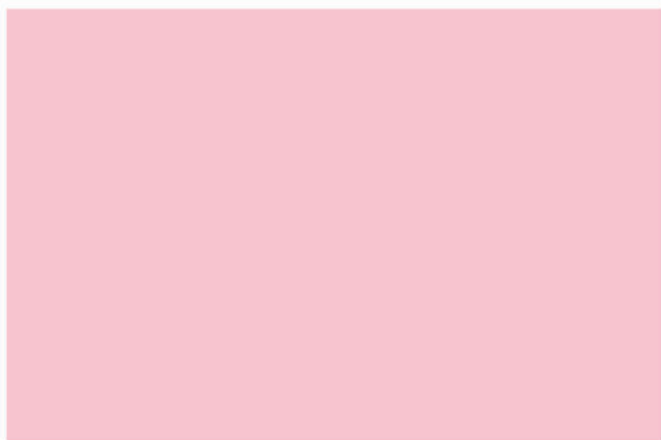
- 5 In what ways can you infuse joy into your daily meals?

- 6 Create a vision board that represent your ideal healthy lifestyle. Whats on it?

- 7 Try a new healthy recipe and savor the joy of nourishing your body.

JOY WEEKLY ROUTINE

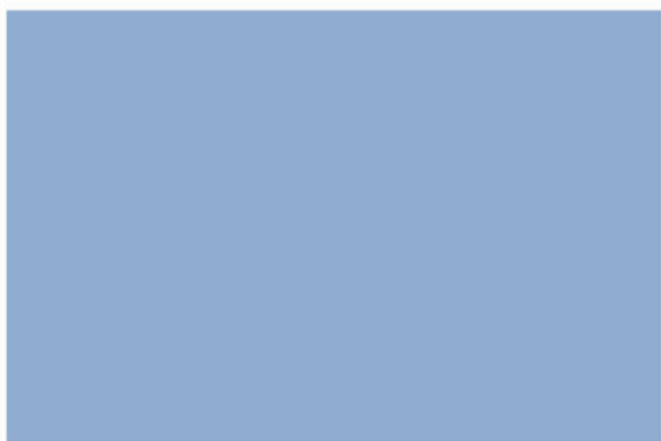
Hideous Monday



Focus Tuesday



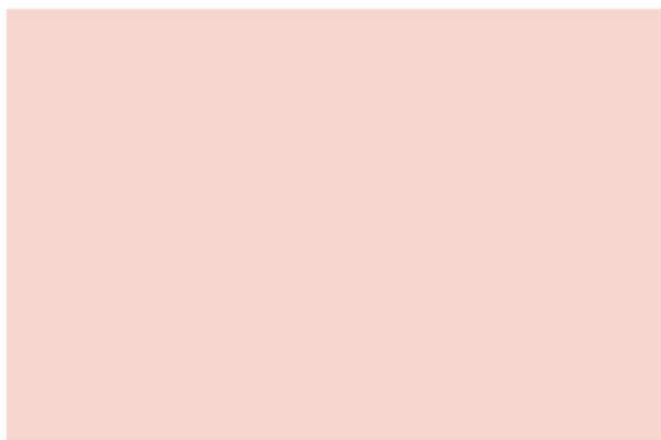
Hump Wednesday



Wrap Up Thursday



Freedom Friday



Social Saturday!



JOY FOCUS PLANNER

JOY MISSION OF THE DAY

**DUMP ZONE FOR
INSPIRED IDEAS
(TO PLAY WITH LATER)**

TODAY'S GET-TO-DO TASKS

1. _____

2. _____

3. _____

NOTES:

TODAY'S WANT-TO-DO TASKS

1. _____

2. _____

3. _____

NOTES:

JOY GOAL WORKSHEET

DATE:

GOAL:

WHY?

STEPS TO TAKE

- _____
- _____
- _____
- _____

NOTES

10 WAYS I FEEL

Grateful

1

2

3

4

5

6

7

8

9

10

4. Joyful Morning Routine

"Every morning brings new potential,
but only if you make the most of it."

Enjoy the little things, for one day you look back and realize they were the big things.

- 1 Describe your ideal morning routine. How can you incorporate joy into it?

- 2 What small change can you make to create a more joyful morning routine?

- 3 Create a morning playlist of uplifting songs to kickstart your day.

- 4 Experiment with morning affirmations and note how they influence your mindset.

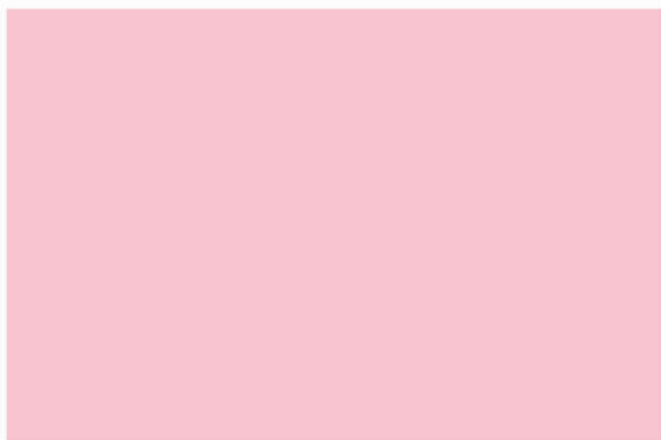
- 5 Try a morning meditation or mindful breathing exercise.

- 6 Write down three things you're looking forward to each morning.

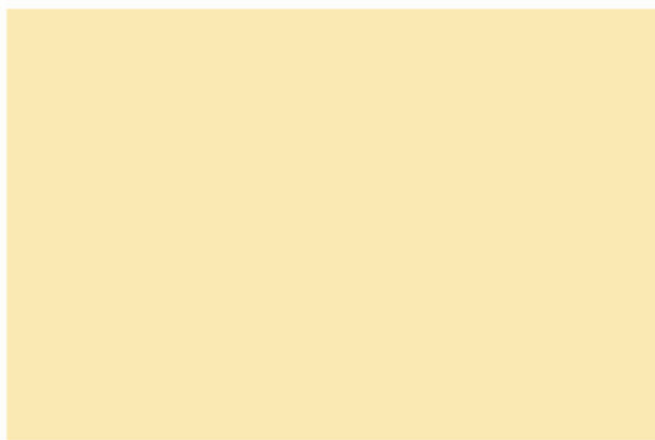
- 7 What morning ritual brings you the most joy, and how can you enhance it?

JOY WEEKLY ROUTINE

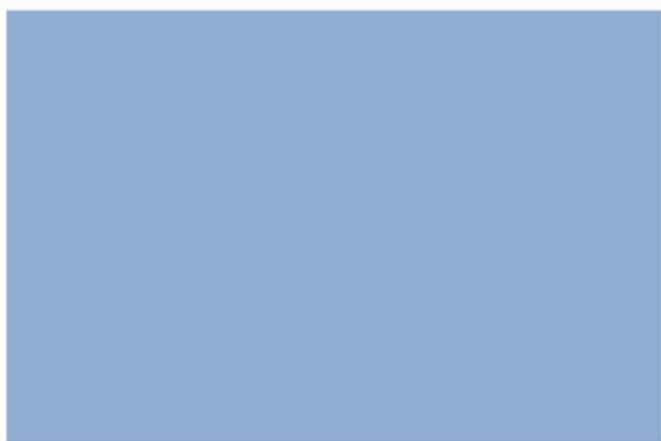
Hideous Monday



Focus Tuesday



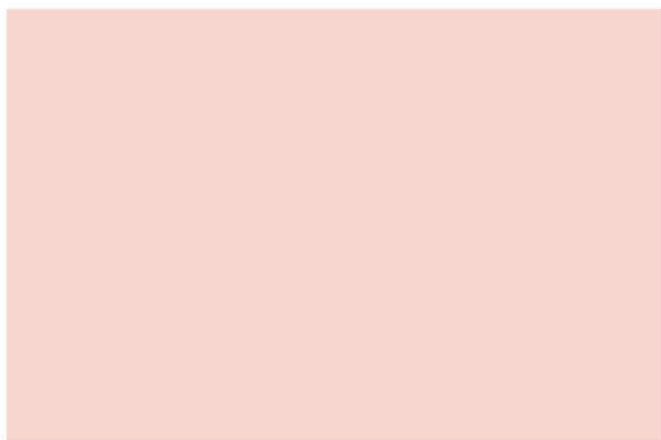
Hump Wednesday



Wrap Up Thursday



Freedom Friday



Social Saturday!



JOY FOCUS PLANNER

JOY MISSION OF THE DAY

DUMP ZONE FOR
INSPIRED IDEAS
(TO PLAY WITH LATER)

TODAY'S GET-TO-DO TASKS

1. _____

2. _____

3. _____

NOTES:

TODAY'S WANT-TO-DO TASKS

1. _____

2. _____

3. _____

NOTES:



JOY GOAL WORKSHEET

DATE:

GOAL:

WHY?

STEPS TO TAKE

- _____
- _____
- _____
- _____

NOTES

10 WAYS I FEEL

Grateful

1

2

3

4

5

6

7

8

9

10

5. Joyful To-Do List

"You are never too old to set another goal or to dream a new dream."

Enjoy the little things, for one day you look back and realize they were the big things.

- 1 Reflect on a recent to-do list. Did it contribute to your joy?

- 2 List three tasks that bring you joy and three that drain your energy.

- 3 How can you infuse joy into tasks that are typically less enjoyable?

- 4 Create a to-do list with colorful markers or stickers to make it visually appealing.

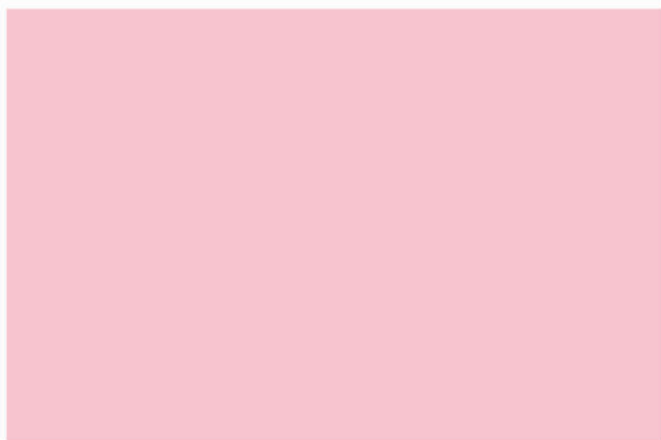
- 5 Prioritize one joyful task for each day and notice the impact on your mood.

- 6 Experiment with breaking down larger tasks into smaller, more manageable steps.

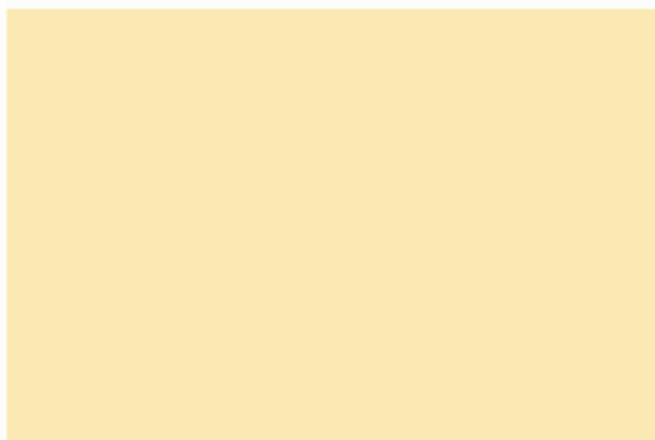
- 7 How can you make your to-do list a source of inspiration rather than stress?

JOY WEEKLY ROUTINE

Hideous Monday



Focus Tuesday



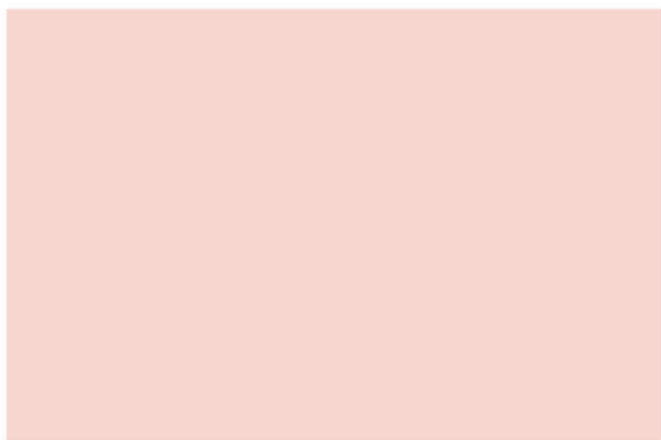
Hump Wednesday



Wrap Up Thursday



Freedom Friday



Social Saturday!



JOY FOCUS PLANNER

JOY MISSION OF THE DAY

**DUMP ZONE FOR
INSPIRED IDEAS
(TO PLAY WITH LATER)**

TODAY'S GET-TO-DO TASKS

1. _____

2. _____

3. _____

NOTES:

TODAY'S WANT-TO-DO TASKS

1. _____

2. _____

3. _____

NOTES:



JOY GOAL WORKSHEET

DATE:

GOAL:

WHY?

STEPS TO TAKE

- _____
- _____
- _____
- _____

NOTES

10 WAYS I FEEL

Grateful

1

2

3

4

5

6

7

8

9

10

6. Joyful Habits & Hobbies

"Excellence is an art won by training and habituation."

Enjoy the little things, for one day you look back and realize they were the big things.

- 1 Reflect on a habit that currently brings you joy. How can you nurture it further?

- 2 List three passions you would like to pursue and explore how they contribute to your joy.

- 3 How can acts of kindness, both to yourself and others, become habitual in your life?

- 4 Create a vision board that captures your passions and the joy they bring.

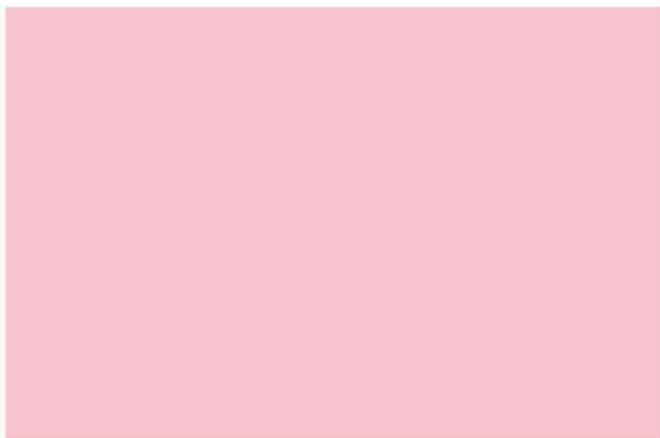
- 5 Initiate a small act of kindness each day and observe its ripple effect.

- 6 Commit to one small, joyful habit you'd like to cultivate over the next month.

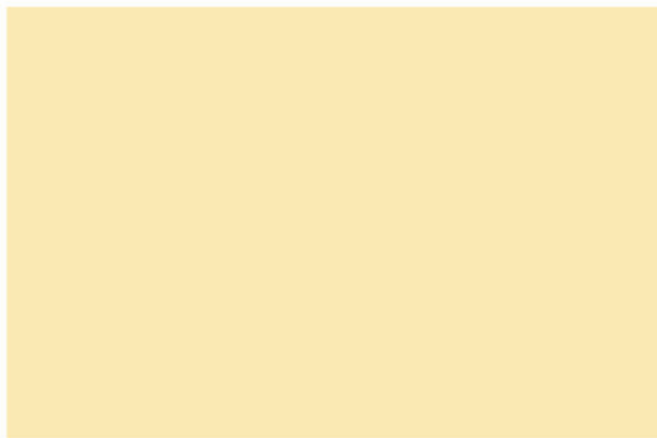
- 7 Create a habit tracker focused on joy. Identify one joyful habit to cultivate and track your progress throughout the week. Reflect on how nurturing this habit enhances your overall sense of joy.

JOY WEEKLY ROUTINE

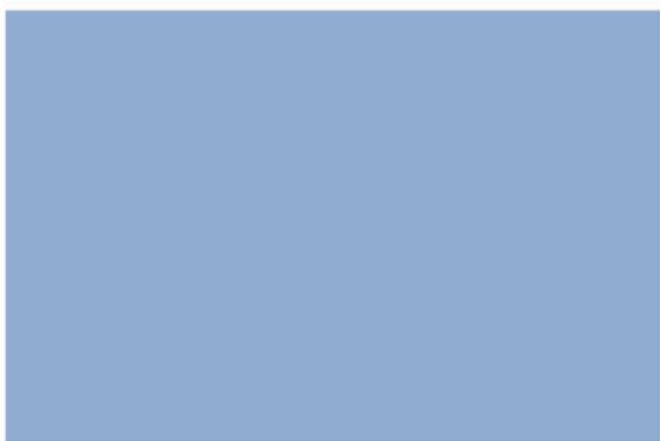
Hideous Monday



Focus Tuesday



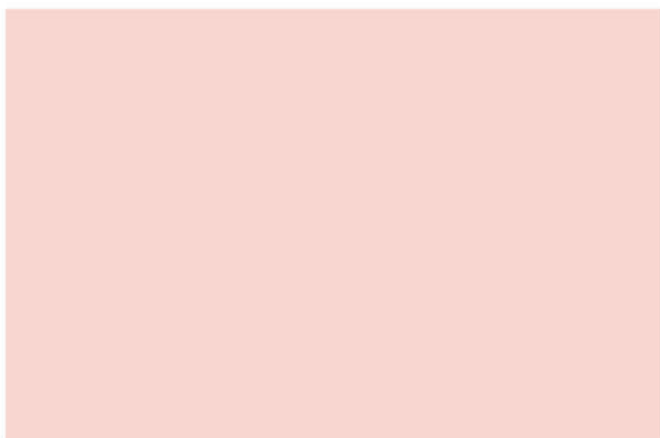
Hump Wednesday



Wrap Up Thursday



Freedom Friday



Social Saturday!



JOY GOAL WORKSHEET

DATE:

GOAL:

WHY?

STEPS TO TAKE

- _____
- _____
- _____
- _____

NOTES

10 WAYS I FEEL

Grateful

1

2

3

4

5

6

7

8

9

10

7. Zone of Genius

"The place where your talent meets the world's needs is the place where your vocation lies."

Enjoy the little things, for one day you look back and realize they were the big things.

- 1 List three unique strengths or talents that make up your "Zone of Genius."

- 2 How can you align your daily activities with your "Zone of Genius" to enhance joy?

- 3 Create a visual representation of your "Zone of Genius" using colors, images, or symbols

- 4 Reflect on a moment when you felt you were operating in your "Zone of Genius."

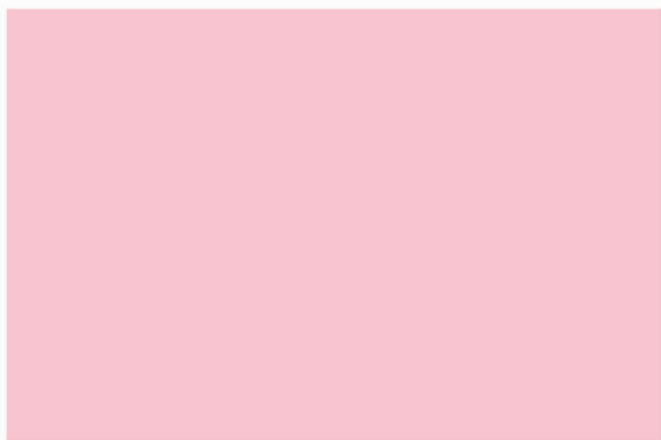
- 5 Draw a tree with each branch representing a different talent or strength.

- 6 Consider talents or strengths you haven't fully explored. What skills or abilities do you possess that you may not have acknowledged or utilized?

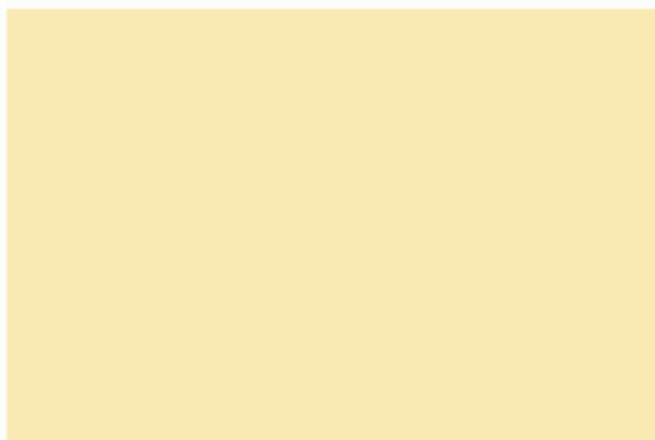
- 7 How might tapping into these hidden talents bring joy to your daily life?

JOY WEEKLY ROUTINE

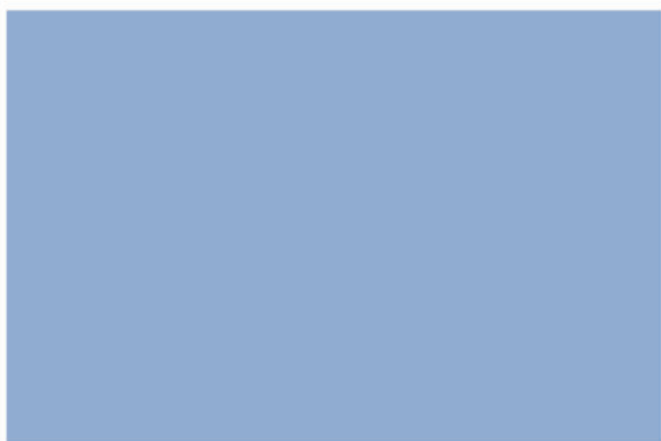
Hideous Monday



Focus Tuesday



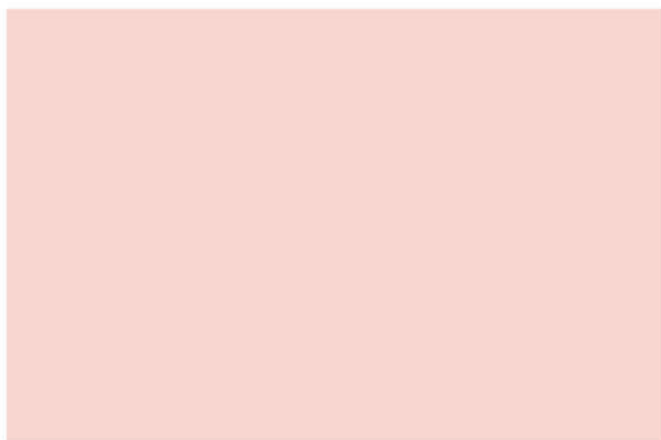
Hump Wednesday



Wrap Up Thursday



Freedom Friday



Social Saturday!



JOY FOCUS PLANNER

JOY MISSION OF THE DAY

**DUMP ZONE FOR
INSPIRED IDEAS
(TO PLAY WITH LATER)**

TODAY'S GET-TO-DO TASKS

1. _____

2. _____

3. _____

NOTES:

TODAY'S WANT-TO-DO TASKS

1. _____

2. _____

3. _____

NOTES:



JOY GOAL WORKSHEET

DATE:

GOAL:

WHY?

STEPS TO TAKE

- _____
- _____
- _____
- _____

NOTES

10 WAYS I FEEL

Grateful

1

2

3

4

5

6

7

8

9

10

DISCOVERING JOY

13 ACTIVITIES TO HELP YOU DISCOVER AND FOCUS ON YOUR JOY

- GRATITUDE JOURNALING: START A DAILY JOURNAL NOTING THREE THINGS YOU'RE GRATEFUL FOR. OVER TIME, PATTERNS MAY EMERGE, REVEALING SOURCES OF JOY.
- VISION BOARD CREATION: CRAFT A VISION BOARD WITH IMAGES, QUOTES, AND SYMBOLS THAT REPRESENT YOUR IDEAL, JOY-FILLED LIFE.
- PASSION MAPPING: CREATE A MIND MAP OF ACTIVITIES, HOBBIES, AND INTERESTS YOU ENJOY. IDENTIFY PATTERNS OR COMMON THEMES THAT BRING YOU JOY.
- DAILY JOYFUL MOMENTS LOG: KEEP A LOG OF SMALL JOYFUL MOMENTS EACH DAY. REFLECT ON PATTERNS AND RECURRING SOURCES OF HAPPINESS.
- EXPLORATION DAY: SET ASIDE A DAY TO EXPLORE NEW ACTIVITIES OR REVISIT OLD HOBBIES. TAKE NOTE OF WHAT BRINGS GENUINE JOY.
- LETTER OF ENCOURAGEMENT: WRITE A LETTER TO YOURSELF HIGHLIGHTING STRENGTHS, AND MOMENTS OF JOY. READ IT DURING CHALLENGING TIMES.
- DIGITAL DETOX DAY: DISCONNECT FROM TECHNOLOGY FOR A DAY. NOTICE HOW THE ABSENCE OF CONSTANT NOTIFICATIONS AFFECTS YOUR MOOD AND JOY.
- REFLECTION TIME: SET ASIDE TIME FOR DEEP REFLECTION. CONSIDER YOUR VALUES, ASPIRATIONS, AND THE ACTIVITIES THAT ALIGN WITH YOUR SENSE OF JOY.
- CREATIVE EXPRESSION: ENGAGE IN A CREATIVE ACTIVITY SUCH AS PAINTING, WRITING, OR CRAFTING. THE PROCESS ITSELF CAN BE A SOURCE OF JOY.
- POSITIVE AFFIRMATIONS: CREATE A LIST OF AFFIRMATIONS THAT RESONATE WITH YOUR GOALS AND VALUES. REPEAT THEM DAILY FOR A MINDSET SHIFT TOWARDS JOY.
- SOCIAL CONNECTION: SPEND QUALITY TIME WITH LOVED ONES. SOCIAL CONNECTIONS ARE OFTEN A SIGNIFICANT SOURCE OF JOY AND SUPPORT.
- SOLO ADVENTURE DAY: TAKE A SOLO DAY TRIP TO EXPLORE A NEARBY TOWN OR NATURE SPOT. EMBRACE THE FREEDOM TO DO ACTIVITIES THAT BRING YOU JOY.
- POSITIVE ENERGY SPACE: IDENTIFY SPACES WHERE YOU FEEL ENERGIZED AND JOYFUL. SPEND TIME IN THESE PLACES REGULARLY TO SOAK IN THE POSITIVE VIBES.



The Artmaking Process

Inspiration

Idea generation

Exploration

Refine

Final creation

Evaluation

The artmaking process is a series of steps we can take as artists to create an artwork or series of works. Most people instinctively follow this creative process to make art. Being aware of and following these steps helps us create more fully resolved works of art that reflect our experiences.

Follow the prompts on each of the following pages of this mini workbook to learn about, and learn to, develop an idea into an artwork.



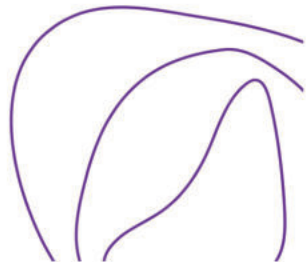


Inspiration

Inspiration and ideas can come from nature, people, places, music, experiences and other artworks.

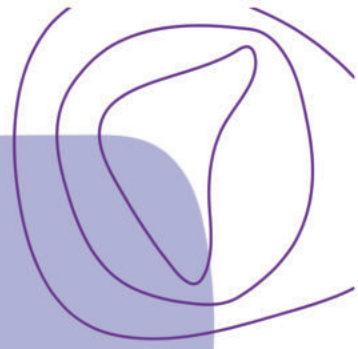
Use this page to brainstorm all the things that inspire you that you could make an artwork about.

*I am
inspired by*



Draw, photograph, brainstorm, and collage images, textures, and found pictures related to your idea on this page

Idea Generation



TIP: don't worry about creating 'perfect' images here. This is a page for visually representing your ideas. It helps to annotate your sketches for later reference.*



Use more paper if you need more space.

**Annotate: Annotations are extra information like comments or explanations*

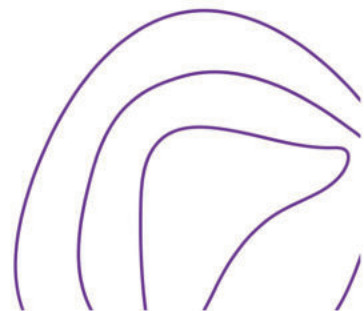


Exploration

Time to play! Explore lots of different ways you could create your artwork. How could your choices add layers of meaning to your work? E.g., using ochre in a painting about earth.

On this page, play with color, explore media, and have fun! Your explorations don't have to look like a picture.

Use more paper if you need more space.



Decide on your composition and materials and craft a final sketch.

Make any adjustments then transfer to your chosen material such as canvas or paper.



Refine

My final Sketch



To make my artwork, I will be using...



Final creation

Take your time creating your final artwork. It should represent your completed idea..

Paste a picture of your completed artwork here..

Artist Name: _____

Artwork Title: _____

Material: _____

Dimensions: _____



Reflect on your journey from inspiration to artwork creation. Write an evaluation of your work as an artists statement.

Evaluation



Use the following sentence starters to help write your statement. You can write your final copy on the following page.

Introduction:

This artwork explores the idea of...
I chose to explore this idea because...
I was inspired by...

Introduction notes:

Body:

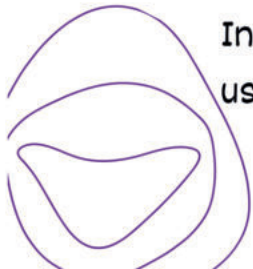
This artwork represents this idea in the following ways...
I used the following methods and materials to show/symbolize/teach others about...
I like... about my artwork because...
I would change...about my artwork because...

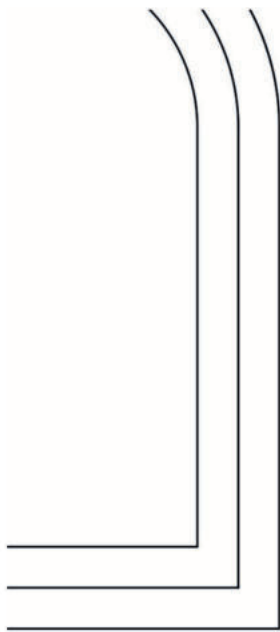
Body notes:

Conclusion:

In exploring this idea... I learned about...
In exploring this idea... I learned to use...

Conclusion notes:





Sparkle
On!

IN JOY,
JENIFER JOY
AKA JENUWIN
THE UNICORN

Jenifer's guide helps unleash your potential and embrace your inner unicorn for limitless joy and creativity. Celebrate victories and become a champion of happiness with this guide.



Joy

To Take With You