



The Virtue of Joyfulness

Joyfulness is an inner sense of peace and happiness. You appreciate the gifts each day

brings. Without joyfulness, when the fun stops, our happiness stops. Joy can carry us through the hard times even when we are feeling very sad. Joy gives us wings.

You are practicing Joy when you:

Look inside for happiness

Enjoy whatever you are doing

Feel good about doing what is right

Find creative ways to enjoy your time

Have a good sense of humor

Feel an inner peace even when things are tough

Affirmation

I am thankful for the joy I feel inside. I enjoy my work and my play. I appreciate the gifts this day hold for me.

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