

The Joy - Spark List

Small, "Covert" Missions to Jumpstart Your Momentum

When we are stuck in the "After," focusing on ourselves can sometimes feel too heavy. Use one of these "Joy Missions" to get your heart moving. The physical movement follows the spiritual spark.

The Anonymous Encourager

The Mission:

Write three handwritten notes of appreciation to people in your community (the librarian, a local teacher, or that one neighbor who always waves.)

The Joy:

It takes the focus off your own internal dialogue and reminds you of the goodness around you.



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The Secret Celebration

The Mission:

Like Thérèse's ordination party, pick a friend who has a small win coming up (a birthday, a new job, or even just finishing a hard week.) Plan a tiny, secret surprise—maybe a "front porch drop-off" of their favorite treat.

The Joy:

Planning requires logistics and "forward-thinking" brain power, which helps break the cycle of grief-looping.



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The Planet Fitness "Walk-Through"

The Mission:

Drive to your local gym (like Planet Fitness). Don't even go in to workout yet. Just go in, ask for a tour, and see the \$10-a-month setup.

The Joy:

This is a "low-stakes" mission. You're simply gathering information. Often, once you're inside the doors, the "I can't do this" voice gets much quieter.



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The "Color Hunt"

The Mission:

Go to a local park or a grocery store and find 5 things that are a vibrant, beautiful color. Take a photo of each.

The Joy:

It forces your eyes to look for beauty instead of looking for the next problem to solve.

