

# THE JOY TRACKER

A gentle space  
to reconnect with joy,  
one moment at a time.

Created by

Mente Calma

[www.mentecalma.co.uk](http://www.mentecalma.co.uk)



*Mente Calma*

# How to Use This Tracker

This tracker is your invitation to pause and notice the small joys.

It's not about being perfect. It's about being present.

Use it daily, weekly, or whenever life feels a little off-balance.

Here are a few ideas to guide you:

- Use in the morning or before bed.
- Answer in words, sketches, or emojis.
- Revisit and reflect – your joy patterns matter.

You don't have to feel joyful to  
begin.

You just have to begin



# Daily Joy Log

(Use this page as a daily repeatable layout.)

Date: \_\_\_\_\_



Morning Mood: (one word or emoji)



One small thing I'm grateful for today:



A joyful moment I noticed:



One thing that drained my energy:



What I want to do differently tomorrow:

# Weekly Reflection

This week, I felt joy when:

💡 I noticed I felt low when:

💬 Something I want to say to myself:

🌻 One small win I'm proud of:

🍵 A treat I'll give myself next week:

-----

🌟 My intention for next week:

-----

# Joy Menu

This is your personal joy cheat-sheet.  
List 7 small things that light you up.

1.

2.

3.

4

5.

6.

7.



*(Tip: peek at this menu on low-energy days.)*



# Affirmations for Joy & Presence

1. "I deserve joy, even in small moments."
2. "My feelings are valid, and I welcome them with kindness."
3. "I trust that joy is not gone, just quiet – and I am listening."
4. "Each breath is a chance to begin again."
5. "I create space for light, even on heavy days."



# Mindfulness Quotes to Inspire

1. "Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy." – Thich Nhat Hanh
2. "Joy does not simply happen to us. We have to choose joy and keep choosing it every day." – Henri Nouwen
3. "The present moment is filled with joy and happiness. If you are attentive, you will see it." – Thich Nhat Hanh
4. "Even the darkest night will end and the sun will rise." – Victor Hugo
5. "Mindfulness isn't difficult, we just need to remember to do it." – Sharon Salzberg

# Bonus Reflection Page

💬 What does joy feel like in my body?

💬 When did I last feel fully “me”?

💬 What’s one joyful moment I want to relive again?

💬 What can I do this week to honour that feeling?

