

Set aside 10–15 minutes in a quiet space. Breathe deeply. Then reflect and write:

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- **What activities, people, or places spark joy in me—no matter how small?**

- **When was the last time I felt truly joyful? What was I doing? Who was I with? How can I create more moments like that?**

- **What might I need to release to create more space for joy? (e.g., fear, overcommitment, guilt, perfectionism)**

- **What would it look like to choose joy on purpose—even when circumstances aren't perfect?**

- **What one joyful thing can I say yes to this week?**

- What are 5 things I am grateful for?

Daily Joy Affirmation Practice

Say these out loud each morning—or write them in your journal. Repeat with feeling:

- *I am open to joy in every form it comes.*
- *Joy is my natural state, and I return to it with ease.*
- *I give myself permission to feel good and to choose happiness today.*
- *I am worthy of a life filled with laughter, light, and love.*
- *Each moment is an invitation to experience joy.*

Write 3 more of your own:
