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 an I create more moments like that?	as I doing? Who was I with? How
What might I need to release to create more spac overcommitment, guilt, perfectionism)	e for joy? (e.g., fear,
 What would it look like to choose joy on purpose- perfect? 	–even when circumstances aren't
What one joyful thing can I say yes to this week?	

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:	 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. 	• Wha	at are 5 things I am grateful for?
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