

DIY Joy Retreat — 1 Day

A faith-based day retreat that blends scripture, awe, and the science of happiness to cultivate joy. This retreat is designed as a pause from the ordinary—a gentle reset and a jumpstart for living with more joy. Each activity offers three options so you can choose what resonates most with your spirit and season of life.

The suggested times are flexible. You may want to spend more or less time depending on your rhythm. Choose the activities that work best for you, and feel free to alter or adapt them as needed. Movement and exercise are meant to be restorative—listen to your body. Depending on your level of fitness, you may choose to make it more intense or keep it gentle. Move at levels that give your body the goodness it is craving.

Given the time structures, this retreat can fit into a flexible day. The activities can be interwoven into a day with fewer demands, or you can dedicate a whole day solely to this practice. In the spaces between activities, move slowly and notice the world around you—practicing gratitude as much as possible.



Notes & Reflections:

Use this space to capture your intentions for today...

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Morning: Opening the Heart with Scripture + Awe

Scripture Reading

Read Psalm 16:11, Philippians 4:4–7, or John 15:11 slowly three times. Reflect: *"Where is God inviting me to joy today?"*

Awe Practice

Step outside and notice three things that stir wonder (sky, trees, breath). Whisper aloud: *"I receive joy today."*

Sacred Music

Play a worship song or hymn that lifts your spirit. Let the words wash over you as prayer.

"You make known to me the path of life; in your presence there is fullness of joy." — Psalm 16:11

📖 My Opening Reflections (15 minutes):

kholder@kellydholder.com | kellydholder.com

Late Morning: Grounding + Gratitude

Grounding & Mindfulness

15 minutes

- **Breath Prayer**

Inhale mercy, exhale tension. Repeat for 5 minutes.

- **Sensory Scan**

Practice 5-4-3-2-1 grounding (notice 5 things you see, 4 you feel, 3 you hear, 2 you smell, 1 you taste).

- **Stillness**

Sit quietly with eyes closed for two minutes, resting in God's presence.



Gratitude Activation

20 minutes

1

Gratitude Journal

Write 5 things you're grateful for today + 1 thing you're grateful to yourself for.

2

Gratitude Walk

Slowly walk around your space noticing small delights—patterns, colors, warmth, sounds.

3

Gratitude Prayer

Speak aloud a short prayer of thanks for three blessings in your life.

Gratitude Notes:

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Lunch Break: Nourish With Presence

Mindful Meal

20–30 minutes

01

Simple Meal

Prepare something nourishing with intention, noticing colors and textures.

02

Silent Eating

Eat without multitasking, savoring each bite.

03

Blessing Reflection

Pause before eating to pray:
"Thank You for this gift of nourishment."

In this meal, I honor the gift of sustenance and the hands that brought it to my table. I receive this nourishment with gratitude.



Mealttime Reflections:

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Afternoon: Creativity + Expression

Artistic Joy Practice — 45–60 minutes

Goal: express joy, not perfect it.



Visual

Paint or collage "what joy feels like." Let colors and shapes emerge without judgment.



Written

Write a joy letter to your future self or create a poem titled *"Joy When I Least Expect It."*



Movement/Music

Stretch, sway, or play an instrument to a playlist of joy.

Creative Insights & Ideas:

kholder@kellydholder.com | kellydholder.com

Late Afternoon: Joy Through Service

Micro-Acts of Service

20–30 minutes

Encouragement

Write notes or send voice messages to three people.



Generosity

Donate items you no longer need or leave a kind review for a small business.



Care

Assemble a small care bag for someone in need.



Reflection Prompt: *"How does giving create more spaciousness for joy?"*

Service Reflections:

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Evening: Integration + Rest

Joy Integration Meditation

10 minutes

Day Scan: Ask yourself: "Where did joy find me? Where did I make room for joy? What surprised me?"

Scripture Reflection: Revisit your morning passage and notice how it speaks differently now.

Silent Prayer: Rest in God's presence with gratitude for the day.

1

2

Closing Ritual

10 minutes

Carry Forward: Write down one joy practice you want to bring into tomorrow.

Symbolic Ending: Blow out a candle, dim the lights, or step outside for a final breath of awe.

Final Gratitude: Speak aloud: "*Thank you.*"

"Rejoice in the Lord always; again I will say, rejoice." — Philippians 4:4

📝 **Evening Integration Notes:**

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Optional Add-Ons

Extend your retreat experience with these gentle practices that deepen joy and wonder.



Joy Jar

Write 3 micro-moments of joy from today and place them in a jar to revisit later. Let these small treasures accumulate over time.



Evening Walk of Awe

Step outside at dusk and look for beauty in the sky. Notice the colors, the transitions, the gift of another day.



Comfort Ritual

End the night with a warm bath or herbal tea ceremony. Move slowly and honor your body's need for rest.

May this day of retreat continue to bear fruit in your life. May joy find you in unexpected places, and may you continue to make space for wonder, gratitude, and God's abiding presence.

Final Thoughts & Commitments:

For more resources and support:

Email: kholder@kellydholder.com

Website: kellydholder.com