

Flourish!

Choose well – Think well – Live well

Choose Joy!

Rejoice with those who rejoice! Romans 12:15 NKJV

Choose to experience joy and share it with others – a joy shared is a joy doubled!

Make someone happy today and measure how much joy that gives you out of 10, where 0 is no joy and 10 is loads of joy! How much joy did you give to the other person?

- Choose ten of your favourite Bible verses about joy. Write out the verses and make something with them that you will see every day.

Make a playlist of your favourite joyful tunes and songs.

Write sticky notes to put on your favourite things. Write "This brings me joy because..."

Share in someone else's joy! Send a joyful card to celebrate their special moment! Or just send them a happy card to brighten their day.

Ask your family and friends about ten things that bring them joy, and then do something for them that is on their joy list.

Make or find a small joyful reminder that you can carry with you. Whenever you have a sad or stressful thought, the reminder can inspire you to choose a happy thought instead.

- Make a list of 100 simple and small things that bring you joy! Write each one on a separate index card. Choose one idea every day. Write on the back of the card what you did and how it made you feel.

Make a timeline/calendar of joy. Think of your favourite happy memories. Write each one on a sticky note, and then arrange them in time order. Write each happy memory on a flag that you can peg onto string or use to create a memory scrapbook.

- Write happy thoughts and quotes on slips of paper. Roll them up and keep them in a Joy Jar. Choose one whenever you need some extra joy. Make a Joy Jar for a friend.