In Joy Yourself

Joy can come in accidental moments or from planned action. When we define what excites us, gives our life meaning, value and satisfaction, we can plan ahead. What activities and things please your sense of vision, hearing, touch, smell and taste? What is physically, mentally, emotionally, creatively, socially and spiritually energizing for you? What are your favourite, little, big and fun things to be, to have and to do?

If you could do and have anything in the next week (time just for you) what would they be? Write your responses with wild abandonment and as fast as you can in the left hand column.

Note: The symbols in the four right hand columns are explained below. Turn this paper upside down once you have completed your list and fill in the self awareness information in each column. In joy!

My Favourite and Fun Things To Be, Have and Do.	A or O	S or P	$	∫

Symbol Definitions

Across from each item you wrote mark "A" or "O" to indicate if you prefer the experience Alone or with Others; "S" or "P" if you prefer the experience Spontaneously or Planned; $ if it costs $5 or more each time you have the experience; and ∫ if you have had the experience in the last year. Ask yourself, "What does this tell me about my life choices? How can I move towards balance? How will I inject more joy?"