

# 3 JOY IDEAS!



Finding Joy doesn't have to be difficult or cost a lot of money. You can start creating more joy right now! Give yourself the go-ahead and start exploring ways to tap into this reservoir of potential.

## JOY IDEA #1 BE A TOURIS IN YOUR OWN TOWN

Are there things that your town is known for? Places you haven't been to? Places you just need permission to go back to? Reasons to have a night out? Put those places on your list.

- Best Restaurant(s)
- Historical Landmark(s)
- Unique Photo op(s)

A few from my Joy Calendar.... Take a photo at the highest point in town, try the best cup of coffee, eat 7 different genres of food (Mexican, Thai, Italian, French, Greek, Indian, Chinese, etc), have a picnic on a beach, visit a museum, take a walking tour, go to an open mic night, find a new favorite brunch spot.

## JOY IDEA #2 CREATE A HOLIDAY OR THEME FOR A DAY

One of the best ways to create joy is to make-it-up. Is there something you would like to celebrate for an entire day? Something that just needs to be officially recognized. This is a great place to start, so add those things to your list.

- Things we should celebrate
- The holiday that should be official

A few from my Joy Calendar...No technology day, Be Outdoors Day, Food and Wine Wednesday, New Adventure Day, Brunch and Lupper Day, Grilled Cheese Day.

## JOY IDEA #3 1-HOUR CHALLENGE

The biggest barrier to joy is time. But what if you could create it in one hour? What if you had 60 minutes to enjoy, explore, or revisit something that you haven't done in a while. Carve out 1 hour to yourself.

- Things to do
- Things to see
- Things to eat

A few from my Joy Calendar... Walk and talk (phone or in person), paint by number, A little R&R, cook a meal I've never tried, read, send snail mail, get a massage, read, nap outside, create a family scavenger hunt.

Joy is equal parts permission and equal parts time. Create your joy calendar and get going!!  
Life is short, you deserve to Have Good Ripple Effect!!