

# JUNE - JOY

\*May need extra space

- 1 Write a prayer or meditation focused on joy for this month.
- 2 What is your definition of joy right now?
- 3 Make a list of three things that give you joy.
- 4 Do you have joy? How do you know this is true?\*
- 5 What things have happened lately to let you know God is working for you?
- 6 How have you been joyful in your interaction with others?
- 7 What quote have you seen recently that has given you joy?
- 8 Joy is within me because...
- 9 Google joyful news. What is the headline today?
- 10 Today I witnessed this and it reminded me of joy.
- 11 What is giving you positive energy right now?
- 12 When was the last time that you were cheerful?
- 13 What is the biggest influence in your disposition?
- 14 When it's hard to be joyful, I can remember...
- 15 What relationship do you have that is increasing your joy?
- 16 Today, I am joyful for another year of life. What has given you the most joy this lap around the sun?
- 17 What can be your motto for joy?
- 18 The hashtag joy resulted in me finding an image of \_\_\_\_\_ and it made me smile.
- 19 What have you seen recently that has given you joy for the future?
- 20 What is a song that invokes joy?
- 21 Write a note to yourself about what it means to rejoice.\*
- 22 What is your favorite way to reverse a bad mood?
- 23 What is something that is stealing your joy?
- 24 How can you release whatever is stealing your joy?
- 25 What inspires you to keep moving forward?
- 26 What activities cause you to have joy?
- 27 Describe what joy feels like to each of your senses.\*
- 28 What traditions in your family bring you joy?
- 29 How do you feel when you witness happiness or joy personified?
- 30 Look back on all that you've uncovered about joy in your life and decide what you can take with you on the next half of this year?\*