

my Joyful
Gratitude Word
journal

*Keeping track of
my daily joys.*

week 1	JOY
week 2	CHEERFUL
week 3	DELIGHT
week 4	HAPPY

Joy WORD journal

DATE

WEEK 1 2 3 4

DAY 1 2 3 4 5 6 7

3 THINGS THAT ALWAYS BRING ME JOY

1.

2.

3.

MY FAVORITE DEFINITION OF JOY

WHAT JOY MEANS TO ME

PEOPLE THAT BRING ME JOY

WHAT CAN I DO TO BRING JOY TO OTHERS

PLACES THAT BRING ME JOY

HOW I DESIRE TO FILL MY DAYS WITH JOY

We cannot cure the world of sorrows,
but we can choose to live in *joy*.

JOSEPH CAMPBELL



MY JOY MOOD LEVEL TODAY

Joy WORD journal

DATE

WEEK 1 2 3 4

DAY 1 2 3 4 5 6 7

3 THINGS THAT BROUGHT ME JOY TODAY

1.

2.

3.

WHAT MADE ME SMILE TODAY

HOW I HAD A JOYFUL ATTITUDE TODAY

WHO BROUGHT ME JOY TODAY AND WHY

WHAT MAKES ME JOYFUL ABOUT TOMORROW

HOW DID I BRING OTHERS JOY TODAY

There are souls in this world who have the gift of finding *joy* everywhere, and leaving it behind them when they go.

FREDRICK WILLIAM FABER



MY JOY MOOD LEVEL TODAY

Joy WORD journal

DATE

WEEK

1

2

3

4

DAY

1

2

3

4

5

6

7

3 THINGS THAT BROUGHT ME JOY TODAY

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WHAT MADE ME SMILE TODAY

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WHO BROUGHT ME JOY TODAY AND WHY

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This *joy* we feel has little to do with the circumstances of our lives and everything to do with the focus of our lives.

RUSSEL M. NELSON



MY JOY MOOD LEVEL TODAY

Joy WORD journal

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Sometimes your *joy* is the source of your smile, but sometimes your smile can be the source of your *joy*.

THICH NHAT HANH



MY JOY MOOD LEVEL TODAY

Joy WORD journal

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Joy does not simply happen to us. We have to choose *joy* and keep choosing it.

HENRI NOUWEN



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HOW DID I BRING OTHERS JOY TODAY

Find what brings you *joy*
and go there.

UNKNOWN



MY JOY MOOD LEVEL TODAY

Joy WORD journal wrap~up

DATE

WEEK 1 2 3 4

DAY 1 2 3 4 5 6 7

3 FAVORITE JOYFUL MOMENTS **THIS WEEK**

1.

2.

3.

WHO WAS THE MOST JOYFUL PERSON IN MY WEEK

WHO I BROUGHT THE MOST JOY TO THIS WEEK AND HOW

FAVORITE PLACE THAT BROUGHT ME JOY THIS WEEK

FAVORITE JOYFUL ACTIVITY THIS WEEK

WHAT I LEARNED ABOUT JOY THIS WEEK

A flower blooms for its own *joy*.

OSCAR WILDE



MY JOY MOOD LEVEL TODAY

Cheerful

WORD
journal

3 THINGS THAT **ALWAYS** BRING ME CHEER

1.

2.

3.

ACTIVITIES THAT BRING ME CHEER

WHAT SEASON(S) BRINGS ME THE MOST CHEER

So of *cheerfulness*, or a
good temper, the more it is spent, the
more it remains.

RALPH WALDO EMERSON

DATE

WEEK 1 2 3 4

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MY FAVORITE DEFINITION OF CHEERFUL

WHAT CHEERFUL MEANS TO ME

WHAT I CAN DO TO BRING CHEER TO OTHERS

HOW I WANT TO BE CHEERFUL THIS WEEK



MY CHEERFUL MOOD LEVEL TODAY

Cheerful

WORD
journal

DATE

WEEK 1 2 3 4

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3 THINGS THAT BROUGHT ME CHEER **TODAY**

1.

2.

3.

WHAT MADE ME LAUGH TODAY

HOW DID I HAVE A CHEERFUL ATTITUDE TODAY

WHO CHEERED ME UP TODAY AND HOW

WHAT MAKES ME CHEERFUL ABOUT TOMORROW

HOW DID I BRING OTHERS CHEER TODAY

The most certain sign of wisdom is

cheerfulness.

MICHEL DE MONTAIGNE



MY CHEERFUL MOOD LEVEL TODAY

Cheerful

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WHAT MADE ME LAUGH TODAY

HOW DID I HAVE A CHEERFUL ATTITUDE TODAY

WHO CHEERED ME UP TODAY AND HOW

WHAT MAKES ME CHEERFUL ABOUT TOMORROW

HOW DID I BRING OTHERS CHEER TODAY

The path to *cheerfulness*
is to sit cheerfully and act and speak
as if cheerfulness were already there.

WILLIAM JAMES



MY CHEERFUL MOOD LEVEL TODAY

Cheerful

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WHAT MAKES ME CHEERFUL ABOUT TOMORROW

HOW DID I BRING OTHERS CHEER TODAY

Health and *cheerfulness*
naturally beget each other.

JOSEPH ADDISON



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WHO CHEERED ME UP TODAY AND HOW

WHAT MAKES ME CHEERFUL ABOUT TOMORROW

HOW DID I BRING OTHERS CHEER TODAY

A *cheerful* mind has always been a perfect guide to a healthy body.

SRI CHINMOY



MY CHEERFUL MOOD LEVEL TODAY

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WHO CHEERED ME UP TODAY AND HOW

WHAT MAKES ME CHEERFUL ABOUT TOMORROW

HOW DID I BRING OTHERS CHEER TODAY

Nothing is more beautiful than
cheerfulness in an old face.

JEAN PAUL



MY CHEERFUL MOOD LEVEL TODAY

Cheerful

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3 FAVORITE CHEERFUL MOMENTS **THIS WEEK**

1.

2.

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WHAT BROUGHT ME THE MOST CHEER THIS WEEK

HOW WAS MY CHEERFUL ATTITUDE THIS WEEK

THE MOST CHEERFUL PERSON IN MY WEEK AND WHY

WHAT I LEARNED ABOUT CHEER THIS WEEK

WHO I CHEERED UP THE MOST THIS WEEK & HOW

Cheerfulness

is simply good for the soul!

HEART ART



MY CHEERFUL MOOD LEVEL TODAY

Delight

WORD
journal

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3 THINGS THAT **ALWAYS** BRING ME DELIGHT

1.

2.

3.

MY FAVORITE DEFINITION OF DELIGHT

WHAT DELIGHT MEANS TO ME

A MEMORY THAT BRINGS ME DELIGHT

HOW CAN I BE A MORE DELIGHTFUL PERSON

FOODS THAT I DELIGHT IN

WHAT WOULD DELIGHT ME THIS WEEK

How *Delightful*
to find a friend in everyone.

JOESPH BRODSKY



MY DELIGHT MOOD LEVEL TODAY

Delight

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3 THINGS THAT BROUGHT ME DELIGHT **TODAY**

1.

2.

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WHO WAS THE MOST DELIGHTFUL PERSON TODAY & WHY

HOW DID I BRING DELIGHT TO OTHERS TODAY

CAN I GO TO SLEEP WITH DELIGHT TONIGHT

HOW WAS MY DELIGHTFUL ATTITUDE TODAY

WHAT ABOUT TOMORROW BRINGS ME DELIGHT

Delight is incomplete
until it is expressed.

C.S. LEWIS



MY DELIGHT MOOD LEVEL TODAY

Delight

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3 THINGS THAT BROUGHT ME DELIGHT **TODAY**

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WHO WAS THE MOST DELIGHTFUL PERSON TODAY

HOW DID I BRING DELIGHT TO OTHERS TODAY

We *Delight* in the beauty of the butterfly,
but rarely admit the changes it has gone through
to achieve that beauty.

MAYA ANGELOU

CAN I GO TO SLEEP WITH DELIGHT TONIGHT

HOW WAS MY DELIGHTFUL ATTITUDE TODAY

WHAT ABOUT TOMORROW BRINGS ME DELIGHT



MY DELIGHT MOOD LEVEL TODAY

Delight

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WHO WAS THE MOST DELIGHTFUL PERSON TODAY

HOW DID I BRING DELIGHT TO OTHERS TODAY

CAN I GO TO SLEEP WITH DELIGHT TONIGHT

HOW WAS MY DELIGHTFUL ATTITUDE TODAY

WHAT ABOUT TOMORROW BRINGS ME DELIGHT

I *Delight* in what I fear.

MAYA ANGELOU



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WHO WAS THE MOST DELIGHTFUL PERSON TODAY

HOW DID I BRING DELIGHT TO OTHERS TODAY

CAN I GO TO SLEEP WITH DELIGHT TONIGHT

HOW WAS MY DELIGHTFUL ATTITUDE TODAY

WHAT ABOUT TOMORROW BRINGS ME DELIGHT

That which has been endured with
difficulty is remedied with *Delight.*

SENECA THE YOUNGER



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WHO WAS THE MOST DELIGHTFUL PERSON TODAY

HOW DID I BRING DELIGHT TO OTHERS TODAY

CAN I GO TO SLEEP WITH DELIGHT TONIGHT

HOW WAS MY DELIGHTFUL ATTITUDE TODAY

WHAT ABOUT TOMORROW BRINGS ME DELIGHT

One's true *Delight* is to do the things they were made for.

MARCUS AURELIUS



MY DELIGHT MOOD LEVEL TODAY

Delight

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3 FAVORITE THINGS THAT DELIGHTED ME **THIS WEEK**

1.

2.

3.

A RELAXING ACTIVITY THIS WEEK THAT DELIGHTED ME

AM I DELIGHTED IN HOW I TREATED OTHERS THIS WEEK

CAN I LOOK BACK ON MY WEEK WITH DELIGHT

WHAT I LEARNED ABOUT DELIGHT THIS WEEK

WAYS I CAN FOCUS ON DELIGHT GOING FORWARD

Delight comes only when our soul
dances and plays with one another.

DEEPAK CHOPRA



MY DELIGHT MOOD LEVEL TODAY

Happy

WORD *journal*

DATE

WEEK 1 2 3 4

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3 THINGS THAT **ALWAYS** MAKE ME HAPPY

1.

2.

3.

MY FAVORITE DEFINITION OF HAPPY

WHAT HAPPY MEANS TO ME

MY FAVORITE HAPPY PLACES

DO I STRUGGLE TO CONSISTENTLY BE HAPPY

PEOPLE THAT MAKE ME HAPPY

WHAT MAKES ME HAPPY ABOUT THE WEEK AHEAD

Be so *happy* that when others look at you, they become happy too.

UNKNOWN



MY HAPPY MOOD LEVEL TODAY

Happy

WORD *journal*

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3 THINGS THAT MADE ME HAPPY TODAY

1.

2.

3.

MY HAPPIEST MOMENT TODAY AND WHY

HOW WAS MY HAPPY ATTITUDE TODAY

THE HAPPIEST PERSON TO BE AROUND TODAY & WHY

WAS I A HAPPY/POSITIVE PERSON TO BE AROUND TODAY

WHAT MAKES ME HAPPY ABOUT TOMORROW

Don't let the silly little things
steal your *happiness*.

UNKNOWN



MY HAPPY MOOD LEVEL TODAY

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MY HAPPIEST MOMENT TODAY AND WHY

HOW WAS MY HAPPY ATTITUDE TODAY

THE HAPPIEST PERSON TO BE AROUND TODAY & WHY

WAS I A HAPPY/POSITIVE PERSON TO BE AROUND TODAY

WHAT MAKES ME HAPPY ABOUT TOMORROW

Happiness is like jam, you can't spread even a little without getting some on yourself.

UNKNOWN



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MY HAPPIEST MOMENT TODAY AND WHY

HOW WAS MY HAPPY ATTITUDE TODAY

THE HAPPIEST PERSON TO BE AROUND TODAY & WHY

WAS I A HAPPY/POSITIVE PERSON TO BE AROUND TODAY

WHAT MAKES ME HAPPY ABOUT TOMORROW

Happiness is only real when shared.

JON KRAKAUER



MY HAPPY MOOD LEVEL TODAY

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MY HAPPIEST MOMENT TODAY AND WHY

HOW WAS MY HAPPY ATTITUDE TODAY

THE HAPPIEST PERSON TO BE AROUND TODAY & WHY

WAS I A HAPPY/POSITIVE PERSON TO BE AROUND TODAY

WHAT MAKES ME HAPPY ABOUT TOMORROW

Happiness is a journey...not a destination.

BEN SWEETLAND



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MY HAPPIEST MOMENT TODAY AND WHY

HOW WAS MY HAPPY ATTITUDE TODAY

THE HAPPIEST PERSON TO BE AROUND TODAY & WHY

WHAT MAKES ME HAPPY ABOUT TOMORROW

WAS I A HAPPY/POSITIVE PERSON TO BE AROUND TODAY

Most folks are as *happy* as they make up their minds to be.

ABRAHAM LINCOLN



MY HAPPY MOOD LEVEL TODAY

Happy

WORD *journal*
wrap~up

DATE

WEEK 1 2 3 4

DAY 1 2 3 4 5 6 7

3 FAVORITE HAPPY THINGS **THIS WEEK**

1.

2.

3.

OVERALL, WAS I HAPPY THIS PAST WEEK

WHAT I LEARNED ABOUT HAPPINESS THIS WEEK

THE HAPPIEST PERSON TO BE AROUND THIS WEEK & WHY

ALL THE PEOPLE I BROUGHT HAPPINESS TO THIS WEEK

HOW I CAN CONTINUE TO BE A HAPPIER PERSON

Every day may not be *happy*,
but there is something *happy* in every day.

UNKNOWN



MY HAPPY MOOD LEVEL TODAY