

Ways to ADD JOY to your life
(Without using food!)

Read for FUN (not work!)
Take a bubble bath
Do a sport or hobby you enjoy
Go for a walk in nature
Dance (Random dance party!)
Color or Draw
Listen to music
Play an instrument
Play a game (board, video, whatever!)
Take a hike
Watch a TV or a movie
Pet an animal!
Swim
Retail Therapy - Go shopping!
Spend time in your garden
Sew or knit
Meditate (or pray)
Do some journaling
Sing!
Play with your kids
Do a puzzle (jigsaw, sudoku, crossword)
Call a friend to chat
Explore a new place in your town
Work out (because you want to)
Plan your next vacation!