

FINDING JOY

On a sheet of paper, divide it in two down the middle. To your 'joy' side, add things that bring you joy, happiness and ultimately, make you feel good! On your 'drain' side, add in things that bring negativity to your life. They can be as big or little as you like.

JOY

DRAIN



We can't eliminate negativity from our lives, but we can be mindful of things that are avoidable that make us feel negative and work to minimise these. We can certainly **make room for more joy in our lives!** Schedule into your coming weeks times when you will do the things that bring you joy and positivity,.