

# FINDING JOY WORKSHEET

## PLACES

- Where do you feel the most joyful?
- What makes this place joyful for you?
- What joyful elements did you find there? (smells, sounds, colors, etc.)
- How often do you visit this place?

## PEOPLE

- Who in your life do you consider joyful?
- What is it about them that makes them joyful?
- How much time do you spend with them?
- How has their joy impacted your life?

## THINGS

- What kind of items bring you joy?
- Do you own these items?
- What elements of these items are joyful? (smells, sounds, colors, etc.)
- Why do they bring you joy?

## ACTIVITIES

- What kind of activities bring you joy?
- What do you see/find/hear/smell during these joyful activities?
- What do you feel while doing them?
- Why do they bring you joy?