

# 30 Ways to Create More Joy in Your Life



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|---|--|---|--|---|
| 1. Write down three things you're grateful for today and why.       | 2. Listen to and recite joy affirmations.                                | 3. Create a sacred space in your home – your very own “happy place.”              | 4. Practice mindfulness (mindful eating, walking, etc.).       | 5. Give compliments to others.                                      |
| 6. Watch a sunrise or sunset.                                       | 7. Take the day off and do something you enjoy.                          | 8. Scroll through photographs of your last vacation.                              | 9. Give something away that you made.                          | 10. Practice meditation.  |
| 11. Laugh (spend time with someone who makes you LOL).              | 12. Buy yourself a bouquet of flowers.                                   | 13. Start a journal.  | 14. Declutter something (a room, your closet, your calendar).  | 15. Remove something from your to-do list.                          |
| 16. Take a walk outside and observe nature.                         | 17. Get creative (e.g., write poetry, paint, knit, visit an art museum). | 18. Actively listen to others in a conversation (let go of the need to be right). | 19. Create a playlist of your favorite songs and listen to it. | 20. Dance (as if no one is watching).                               |
| 21. Give back (help someone in need; donate to a worthy cause).     | 22. Do something you're good at.   | 23. Try a new recipe.   | 24. Write a letter to a former teacher, thanking them.         | 25. Take a bath (consider adding rose petals, light candles, etc.). |
| 26. Hug your pet. If you don't have a pet, hug a pillow. Hugs heal. | 27. Organize your workspace (or any space that needs it.)                | 28. Start a morning routine.  | 29. Let someone go before you in line.                         | 30. Spend time with those you love (shared joy is more joy).        |