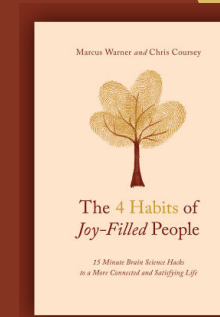


28 DAYS TO JOY



1

Find a comfortable position and practice Box Breathing.

Count to four with a deep breath in and hold to the count of four.

Then exhale to the count of four and pause for a count of four. Continue this sequence for three minutes.

Notice how your body feels when you are finished.

2

Identify a person you feel thankful for today and write out specific reasons and examples of why you appreciate this person.

Then, take this skill to the next level and tell them how much you appreciate them. (If they are unavailable, practice with someone else.)

3

As you think about the week ahead, what are you looking forward to?

Is there a person or group of people you hope to see? What do you expect to do? How do you expect to feel?

Share your thoughts about the what and why with a friend.

4

Remember a story about a favorite trip you took or time spent at a favorite spot (like a lake, a house, or a dorm room).

Share your story and thoughts with a friend.

5

Find a comfortable, quiet spot and reflect on one of the most restful, peaceful moments from your life. This is a time in your life where you felt calm, quiet, and refreshed.

Set a timer for four minutes to reflect on your peaceful moment. Try to focus on taking deep breaths that expand your stomach.

6

Take several minutes to reflect on special moments of joy from the past week.

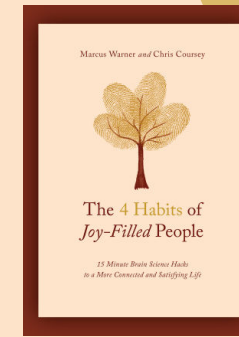
Share your joy with another person in the form of a conversational story, text, picture, or phone call.

7

Identify a favorite relational encounter from your year.

Share your thoughts with that person (or someone else) including why this interaction was meaningful.

28 DAYS TO JOY



8

Find a comfortable position where you can rest. Play one of your favorite songs from a different stage of your life. Close your eyes while you listen to the song.

Notice how this experience feels before, during, and after. What thoughts and emotions do you notice? Share your experience with a friend.

9

Gratitude activates the relational parts of our brain so we feel present, creative, and flexible.

Identify three things you feel thankful for today.

Share your thoughts with a friend or family member.

10

Find a comfortable, quiet spot. Then try to be still and quiet for three minutes.

Focus on your breathing while you inhale deeply. Expand your stomach with each breath.

Notice how this calming practice feels.

11

Find a comfortable place, then use your phone (or picture album) to look at pictures.

The goal is to enjoy pictures that are meaningful and to savor the joy that comes from remembering your special moments.

Notice what changes in your thoughts, feelings, focus, and body while you reminisce.

12

Think about a time in your life when you shared a meal with people you love. This can be a holiday, birthday, or any gathering that is meaningful.

Focus on what was special about this memory.

Share your memory with another person.

13

Think of a person you look forward to interacting with, and identify qualities you enjoy in this person.

If you have a secure relationship where it would not feel too uncomfortable, share something you appreciate about this person and tell them why you are thankful for them.

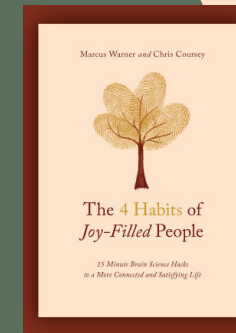
14

Reflect on a favorite activity you enjoyed from your childhood.

Identify how you feel as you remember this activity.

Share your thoughts with someone, including what was meaningful about this reflection exercise.

28 DAYS TO JOY



15

Grab a book and find a quiet spot where you can lie down. Place the book on your stomach and breathe deeply in a way that makes the book rise and fall.

Try to rest and breathe for 3-5 minutes. You can even play relaxing music if you like. Notice how it feels to quiet your body and breathe deeply.

16

Find a comfortable place to sit where you can look at something beautiful. It may be in nature (like a sunset, a tree, or water). It may be something in your immediate environment (like a piece of furniture or the decor).

Focus on what you enjoy about this moment. Share your thoughts with a friend or family member.

17

Find a comfortable spot for a breathing exercise. Begin by inhaling deeply and quickly two times in your nose, then exhale out of your mouth with a sigh as you breathe out.

Take one deep breath in through your nose, followed by a quick follow-up inhale through your nose, then breathe out with a sigh of relief.

Try this for three minutes. Notice how the breathing exercise impacts you.

18

Think about a favorite movie you watched with friends or family members. Reflect on what you enjoyed about this movie experience.

Did you share the experience with others who were with you once the movie ended?

Share your thoughts with a friend on why this movie experience was meaningful.

19

Think of three activities, interactions, or relationships you look forward to with joyful anticipation. It may be something you will do this week or further in the future.

What about these opportunities is meaningful to you? Identify what feels satisfying for each one on your list, including how you feel as you expect each one.

20

Think about a favorite shared memory with a close friend. What were you doing? Why was this special?

Share thoughts and reflections with your friend along with a word of appreciation for what qualities you enjoy in your friend.

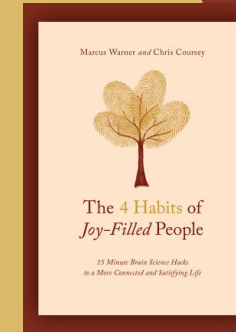
21

What is a favorite memory around music that brings a smile to your face?

Close your eyes and sit for a few minutes, enjoying the details of the memory.

Share your meaningful music moment with a friend.

28 DAYS TO JOY



22

Think about a time when you felt excitement around a sporting event or game.

If sports are not your thing, reflect on a favorite live concert, performance, or even an experience in the outdoors where you enjoyed nature.

Share your reflections with another person.

23

Find a comfortable spot and rest for five minutes while you focus on favorite memories around times you felt rejuvenated and recharged.

Notice how you feel after this exercise.

24

Reflect on a favorite hobby from your life. Think about why this hobby was meaningful to you, and what made this hobby satisfying.

Next, share your thoughts with someone on the following:
1) why you stopped doing this hobby if you no longer do it,
2) if you started a new hobby, and
3) what hobby you would like to do at some point in your life.

25

Think about a favorite pet, and focus on what you enjoyed about this pet. If you do not have a pet example to draw from, focus on a favorite animal interaction.

Do you have a favorite story about your pet or an animal? If so, tell that story to someone else.

26

Plan a visit with a friend where you interact in a simple but meaningful way. Once you have a plan in place, you get to anticipate being with your friend.

During your visit, share what you enjoy about this person.

After the visit, notice what is meaningful from the anticipation and compare it with what was satisfying from your visit.

27

It's time for CAKE! When our brain's joy switch is on, we are curious, appreciative, kind, and we look into people's eyes when we interact.

Where in your day and week have you seen someone demonstrate CAKE qualities?

Share your thoughts with a friend.

28

What in life sparks curiosity in you? Who or what topics make you curious?

If you could have answers to any questions in the world, what would you ask?

Create a list and share your thoughts with a friend.