

Be A Joy Keeper

12 ways to be on the look out for joy in the simple things

What was the best thing that happened before breakfast today?

Name a food that made your taste buds' happy today

Who is 1 person who smiled at you today?

Name one smell you wish you could smell all of the time

What color brings you the most joy?

What is the best part of your bedtime routine?

What item of clothing helps you feel the most amazing?

Name one person who made you laugh this week

What topic is most interesting to learn about?

What part of being outside makes you feel most alive?

Which person do you feel like you can be the most like yourself around?

What song have you heard that you want to listen to over and over again?