

POINTS OF JOY

Worksheet

Use this worksheet to write 1-3 things in each category.
A simple way to remind yourself of the small things that light you up.
Create AN IDEAL 'JOYFUL' DAY.

Sensory joys

Things you enjoy
experiencing
through your senses



Creative joys

Ways you like to
create or express
yourself



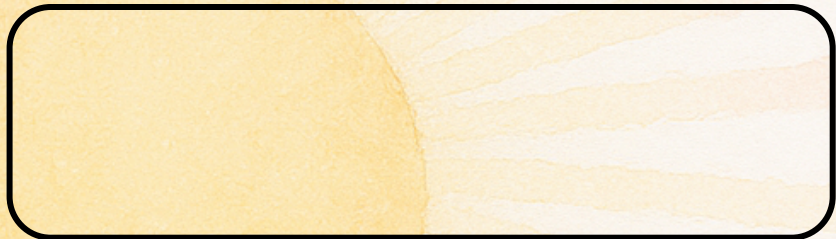
Connection joys

Relationships &
moments
with others



Adventure or curiosity joys

Things that
spark
excitement
or discovery



Comfort & rest joys

Things that
replenish or
restore you

