

31 DAYS OF JOY

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

"Do not grieve, for the **JOY** of the **LORD** is your strength." ~ Nehemiah 8:10b

1 Dance in the Kitchen to "Louie Louie"

2 Blow Bubbles

3 Write a Positive Verse or Quote on the Mirror

4 Give Someone a Flower

5 Write Down 10 Things You are Thankful For

6 Smile at a Stranger

7 Watch YouTube Videos About Silly Monkeys

8 Sing in the Shower

9 Hand Write a Note to Someone You Love

10 Treat Yourself to an Ice Cream Cone

11 Call Someone Who Makes You Smile

12 Color

13 Put Fresh Sheets on Your Bed

14 Look at Pictures of Happy Memories

15 Watch the Sunset

16 Listen to Your Favorite Music

17 Stretch

18 Organize Something

19 Call a Favorite Family Member

20 Share a Favorite Memory

21 Watch A Movie that Always Makes You Laugh

22 Paint Your Toenails

23 Look Up Inspiring Quotes

24 Spray Whipped Cream in Your Mouth

25 Pop Bubble Wrap

26 Try Something New

27 Take a Bubble Bath

28 Take a Scenic Walk or Drive

29 Eat Your Favorite Food

30 Write Down 5 Things You Like About Yourself

31 Play a Fun Prank on Someone
