

## Write to feel how you want to feel...

You can write to create the mood and feeling state that you most desire. You can change your mood, by changing your focus. Through a few moments of focussed writing, transformation and growth can happen. If you want to feel more joy in your life, write about what brings you joy. Write to remember you are joy!



*"Joy is what happens to us when we allow ourselves to recognize how good things really are."*

MARIANNE WILLIAMSON

### How to start?

To begin journaling for joy, simply get your tools ready – your journal or notebook, a favourite pen, a quiet space where you can focus inward and relax. You might also want to light a candle, or do something else special to honour your inner and outer space devoted to creative self-expression!

## This *Finding Joy Within* journaling exercise has four soulful steps to it... enjoy!

### 1 Joy List

Make a list of 5 things (or more) that bring you joy. These could be people, places, activities, things, experiences, inner access to feelings of peace and more! Remember, joy is always available to you in any circumstance. Noticing and being aware of joy helps it expand in your body, your being, your life.

Make your "joy list." Breathe. Be Present. Notice joy in and around you.

5 things that bring me joy and/or help me notice my inner joy are...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



*"Happiness is like a rising bubble – delightful and inevitably fleeting. Joy is the oxygen – ever present. Joy is the fibre of your Soul. It's the stuff of your essence."*

DANIELLE LAPORTE

*Joy does not simply happen to us. We have to choose joy and keep choosing it every day.*

HENRI J. M. NOUWEN

## 2 Joy Writing

Look at your “joy list,” and pick one item (or essence) off your list. Write about what brings you joy from this in as much detail as possible. Try to include your senses – touch, smell, taste, sound, sight – to really get a sense of what this “joy” feels like in your life, your body, your circumstances and beyond your circumstances. Write into and about what brings you joy with all your heart. See where this joy writing takes you.

Free write in your journal or notebook for a minimum of 20 minutes. Simply breathe and keep your pen moving as you write to find joy within.

If you get stuck or feel unsure what to write along the way, use the following prompts to help you keep writing:

“My joy is...” or

“What brings me joy is...” or

“I notice joy when...”

Simply keep writing for at least 20 minutes. Imagine yourself diving within to find the joy that already exists in your life.

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**Transformational Journaling Tip: Notice your breath while you write, writing begins with the breath.**

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## 3 Pause, Read, Reflect and Write

After you have completed your Finding Joy Within writing, pause and read what you just wrote in the pages of your journal. Ask yourself, what do you notice about what you just wrote? How do you feel about your unique voice of joy? Write your responses below or in the pages of your journal.



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*“Find out where your joy resides, and give it a voice far beyond singing. For to miss the joy is to miss all.”*

ROBERT LOUIS STEVENSON

*“Joy is not in things,  
it is in us.”*  
RICHARD WAGNER

#### 4 Take Inspired Action.

As a result of your *joy writing* and self-reflection, what is one inspired action you would like to take to experience greater joy in your life at this time?

**My Joyful Action:** \_\_\_\_\_

#### Affirmations for Joy

I am living a joy-filled life.

I allow joy to fill every cell of my body.

Joy lives within me.

Joy is present regardless of my circumstance.

I can access joy through bringing my attention to it at any time.

My joy matters.

*“The best and most beautiful  
things in the world cannot be  
seen or even touched.  
They must be felt with the heart.”*  
HELEN KELLER

#### Write your personal “Affirmations for Joy” in your own words:

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Your joy craves breathing space. It wants to rise up from within. Joy is expansive.  
Joy quietly sits waiting to be noticed, to be remembered, to be voiced or written or gently held.  
Joy is always there for you. Joy is holding your life up to the world. You are joy.

*“Honour your preferences and  
take joy in being who you are.”*  
DAWN HERRING