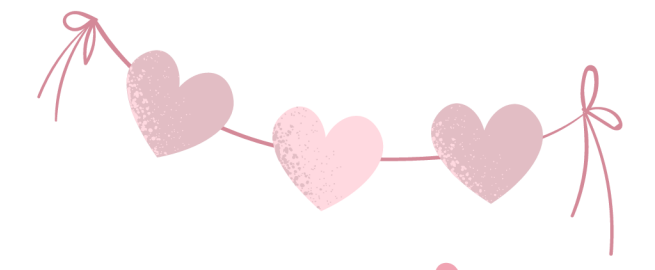
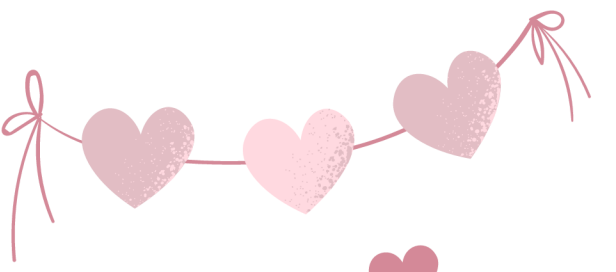


Discovering Joy February 2025



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						Write down three things you're grateful for. 1
Compliment someone even a stranger 2	Spend 5 minutes savouring your favourite beverage 3	Take a photo of something or someone beautiful to you 4	Write a thank you note or text someone 5	Make a list of small things that bring your joy 6	Go for a walk and notice 5 beautiful things. 7	Start the day with five deep breathes. 8
listen to your favourite song and dance. 9	Spend 10 minutes in nature or with your pet. 10	Declutter a small space and enjoy the calm it brings. 11	Eat a meal slowly savouring each bite. 12	Try a 5 minute guided meditation. 13	Treat yourself to something you love (chocolate, flowers, a big kiss) ♥ 14	Draw or doodle something no matter your skill. 15
Try a new recipe or food. 16	Call or message a friend you haven't spoken to in a while. 17	Write an affirmation about joy. 18	Spend 10 minutes doing a hobby you enjoy. 19	Share a funny story or memory with someone. 20	Make a playlist of songs that make you smile. 21	Hold the door open for someone or do a good deed. 22
Donate something to a local charity. 23	Write a positive review for a local business. 24	Write a note of encouragement for yourself or someone else. 25	Volunteer your time or help someone in need. 26	Send someone a surprise gift or card. 27	Reflect on your month of joy and write down your highlights. 28	