

# Your Joy Prescription

- Why do you want more Joy in your life?

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- What will it look like/feel like/sound like? Paint a picture in words . . .

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**Name 3 things which you want to DO which will bring more Joy into your life! Be specific!!!**

- 1)
- 2)
- 3)

- How exactly can you bring them into your day/week/month/year?

- 1) When? Where? With whom? How will you motivate yourself & keep it up?

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- 2) When? Where? With whom? How will you motivate yourself & keep it up?

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- 3) When? Where? With whom? How will you motivate yourself & keep it up?

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- What is going to help you make those changes? Who/what?

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- What is going to get in your way? Barriers/Threats . . .

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- How are you going to deal with those Barriers/Threats?

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