Pathway to Joy Planner

THIS WEEKS
JOY GOAL: _____



THINGS THAT MADE ME HAPPY THIS WEEK

- _____
- _____
- _____

SOMETHING NEW I WANT TO DO OR LEARN THIS WEEK

- _____
- _____
- _____
- _____

today I CHOOSE joy

THIS WEEKS MOOD

ACTIVITIES THAT BROUGHT ME JOY THIS WEEK

At Work _____

At Home _____

Random _____

Planned _____

HABITS TO START

- _____
- _____
- _____
- _____

HABITS TO STOP

- _____
- _____
- _____
- _____

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