



## Following Your Joy

List 20 things you love to do that bring you joy. Some of them may be routine, everyday things; some may be special occasion activities; some may have a spirit of adventure; some may require a partner. You LOVE to do them. Write them down as quickly as you think of them, in no special order. Then go to page two.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_
- 9) \_\_\_\_\_
- 10) \_\_\_\_\_
- 11) \_\_\_\_\_
- 12) \_\_\_\_\_
- 13) \_\_\_\_\_
- 14) \_\_\_\_\_
- 15) \_\_\_\_\_
- 16) \_\_\_\_\_
- 17) \_\_\_\_\_
- 18) \_\_\_\_\_
- 19) \_\_\_\_\_
- 20) \_\_\_\_\_

Spend a few minutes quietly thinking about those 20 things. Then ask yourself:

*When was the last time I did each of these things?*

*How do I feel when I incorporate the things I love into my life?*

*How good am I at following my joy and making time in my life for the things I love?*

*How do I feel when I don't allow time in my life for them?*

*What is currently holding me back from getting more of these things in my life?*

*What am I waiting for?*

From your "Following Your Joy" list, identify three things will you commit to right now:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

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

**Congrats on your commitment to Following Your Joy!**

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[www.followingyourjoy.com](http://www.followingyourjoy.com)