

Joy

1

What made me smile today?

2

What simple moment brought me happiness?

3

What activity makes me feel alive?

4

Who brings positive energy into my life?

5

What place makes me feel peaceful?

6

What experience do I want more of?

7

What ordinary thing brings me comfort?

8

What am I looking forward to?

9

What memory always makes me happy?

10

What does joy feel like in my body?

