



21 DAY JOY CHALLENGE



Welcome to Planting the Seeds of Joy!

This challenge is not about perfection or doing every activity every single day. This is about intention—about noticing what lights you up, getting curious about what joy feels like in your body, and inviting more of it into your daily life in simple, sustainable ways.

Joy isn't a personality trait—it's a practice. It can be cultivated, strengthened, and rediscovered through small shifts, gentle awareness, and consistent care. Some days you may feel like dancing in the kitchen, and others you might just sit quietly with a warm drink and a deep breath. Both are equally valid.

Each day, you'll be invited to try a simple joy ritual—nothing overwhelming, just a gentle nudge toward what feels good and grounding. Use the habit tracker below to mark your progress. Even if you don't do the activity for a day, noticing and honoring your energy is a win in itself.

You'll find the descriptions of each joyful ritual on the next page, so you can return to them as often as you'd like. Revisit your favorites, skip what doesn't speak to you, and most importantly—let this be a playful exploration, not a strict regimen.

Let's begin—one joyful moment at a time.

HABIT TRACKER

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
Morning Joyful Start	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Savoring the Present Moment	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
5-Minute Movement Break	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Joy Scavenger Hunt	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Permission Slip for Joy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Write Your Own!	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
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"Life is not measured by the number of breaths we take, but by the moments that take our breath away." – George Carlin



Friendly Reminder

This guide is just for you! Please don't copy, share, or sell it. It's meant to support your personal growth and well-being—not for redistribution. Thanks for respecting the work that went into creating it.

PLANTING THE SEEDS OF JOY RITUALS

This challenge is designed to help you cultivate joy in your everyday life. Joy is not just a feeling; it's a practice. By dedicating a few minutes each day to one or more of these rituals, you'll begin to reconnect with what lights you up and create a life that feels vibrant and fulfilled. Use this guide to discover new ways to invite joy, even on the busiest days.

Morning Joyful Start (Time Commitment: 5-10 minutes)

- **Set Your Intention:** As soon as you wake up, place one hand on your heart and one below your belly button. Close your eyes and take a deep breath.
- **Ask Yourself:** "What would bring me joy today?"
- **Take Action:** Choose one small action based on your answer. It might be as simple as taking a walk, calling a friend, or having a cup of your favorite tea.
- **Joy Tip:** Even if you're running late, pause for 30 seconds to center yourself and choose one joyful intention for the day.

Savoring the Present Moment (Time Commitment: 5-10 minutes)

- **Choose a Moment:** Whether it's your morning coffee, your lunch break, or a moment of quiet during the day, take time to savor the experience.
- **Engage Your Senses:**
 - **Taste:** Slowly sip your drink or eat a small treat. Notice the taste and texture.
 - **Sight:** Look around and notice the colors, shapes, and textures.
 - **Sound:** What sounds can you hear? The birds chirping, distant voices, or a breeze rustling leaves?
- **Joy Tip:** Savoring these moments helps you stay present, turning ordinary experiences into moments of joy.

5-Minute Movement Break (Time Commitment: 5 minutes)

- **Put on Your Favorite Upbeat Song:** Let your body move freely to the music.
- **Let Go:** Feel the energy shift as you move, stretch, or dance.
- **Bonus:** If you practice energy medicine, add a few figure 8s around your body to clear stagnant energy and boost your mood.
- **Joy Tip:** If you're feeling low-energy, this ritual will wake up your body and mind. It's about moving your energy, not about perfection.

Joy Scavenger Hunt (Time Commitment: 10-15 minutes)

- **Pick a day** to intentionally look for things that spark joy in your environment.
- **Notice What Delights You:**
 - The way sunlight filters through the trees.
 - The sound of laughter in the distance.
 - The colors in a painting or your favorite plant blooming.
- **Journal It:** Write down each joyful discovery.
- **Joy Tip:** Do this once a month to track how your joy grows and evolves. Each time, your list will get longer!

Permission Slip for Joy (Time Commitment: 2 minutes)

- **Write It Down:** Take a moment to write yourself a permission slip for joy. Example: "Today, I give myself permission to slow down and enjoy a peaceful moment."
- **Say It Aloud:** When you speak it, you affirm it.
- **Joy Tip:** This ritual encourages self-compassion and helps you remove barriers to your own happiness.

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