

25 JOY (Journey Of You) Practices

1. Practice **self-love** daily.
2. Practice **self-care** daily.
3. Write down a list of everything you're grateful for.
4. Tell yourself a positive affirmation in the mirror every day.
5. Listen to motivational podcasts.
6. Listen to this upbeat playlist.
7. Read inspiring quotes that remind you of what's important in life.
8. Discover who/what inspires you, motivates you, intrigues you.
9. Create a personal mantra.
10. Find the silver linings in challenging times and difficult situations.
11. Spread love, laughter and positivity to loved ones and those around you.
12. Smile and laugh every day! Laughing is good for your heart and soul.
13. Meditate and/or practice guided imagery.
14. Call someone who makes you feel good at least once per week.
15. Read books and blogs with hopeful, POSITIVE messages (audio books are ok).
16. Write a LOVE LETTER to yourself.
17. Say a positive word to someone who looks like they need it.
18. Don't allow negativity, from yourself and/or others to govern your actions
19. Be confident that you can overcome challenges.
20. **Keep a journal** of an accomplishment you make every day.
21. **Join an organization** or group that supports a cause you care about.
22. **Exercise regularly** to feel physically happy.
23. Create a photo collage of your favorite moments, people and/or places.
24. **Make A Vision Board.**
25. **Plan a trip...** a vacation, a get away.

Design your life for Peace, Prosperity & Purpose!