

# Week 30: Joyful Days Planner



## Today I will add JOY to my Life

It's Week 30 here at "I Say Yes" and I don't know about you but I want more JOY in my days! And while it's important to keep a planner for our sanity it's just as important to keep a record of the JOY in our life. I have created a Joyful Days Planner to help you do just that!

## Joyful Days Planner

Our goal for the week is to fill our Joyful Days planner out for the next 7 days. The first two questions are meant to be filled out in the morning and the last three before bedtime. By the end of seven days you will be able to look back on your week and SEE all the great things that truly do make up your days. I KNOW life is hard and so many of us are going through BIG struggles right now...but I KNOW it's also true that even though those HARD things are going on...we have MUCH to be grateful for. And GRATEFUL HEARTS ARE HEARTS FILLED WITH JOY!!

It is not joy  
that makes us

GRATEFUL,

it is gratitude  
that makes us

JOYFUL.



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