



Joybringer Challenges

Want to bring joy to others? Choose one or more of the challenges below and complete it within the next seven days.

1. Send your favorite local business a care package (flowers, donuts, thank you cards). Appreciate their efforts!
2. Bake cookies or treats and deliver them to at least three neighbors. Bonus if you haven't met them yet!
3. Hold doors open and greet everyone you meet with a smile today!
4. Surprise a friend with their favorite beverage this week.
5. Call or visit a family member you haven't spoken to in a while. Be intentional about brightening their day and bringing them joy.
6. Collect books for a local children's hospital. Deliver them and thank the hospital staff for their dedication to young patients.
7. Write a 'thank you' note or call someone who recently helped you to let them know how much it meant.
8. Write encouraging words on your sidewalk with chalk. If people walk by as you're working on this, offer encouragement and make them smile!
9. Identify people in your community who may feel overlooked or discouraged. Think of a practical way to bring them joy and show them that they're loved.
10. Reach out to someone you know who is going through a difficult or sad time. Bring them joy by spending time with them or giving them a small gift.
11. Identify a loved one's likes or needs and find personal ways to bring them joy and brighten their day.
12. Buy a bouquet of flowers and give each stem to a stranger or people you know who need encouragement.
13. Give the custodial staff at your workplace or a business you frequent a card of encouragement and a special treat.
14. Pray for someone who's been difficult for you to love or easy for you to critique. Find a way to bless them and brighten their day.
15. Go a full 24 hours without saying anything negative. If you slip, talk to God about it and ask him to help you start over.