



JoyBuilder Challenges

Joy is an essential part of life, but sometimes it takes some practice and intentionality to build a deep reservoir of joy in our lives. Here are some practical suggestions to increase your experience of joy:

1. Make a list of things that bring you joy. Once you've made your list, share it with a trusted friend. Consider putting a few of the activities on the list on your calendar this month.
2. Think of someone you enjoy seeing. Reach out to them and tell them how grateful you are for them.
3. What's a song that helps you feel joyful? Listen to it with your full attention today. Make a playlist of your "joy songs."
4. Spend some time outside and appreciate the things you notice in God's creation.
5. Make a gratitude list. Once you've written down several things, share your appreciation for each item with God in a short prayer. Find a gratitude buddy with whom you can regularly share your gratitude.
6. What's your favorite activity that you do just for fun? Schedule a time to play.
7. Think of one thing you're looking forward to and take time to list out what you're anticipating about it.
8. Look at your calendar for this month and consider when you will rest. Intentionally block out time to rest and recharge your body, mind, and soul.
9. Think of a favorite memory. Revisit it and describe it in as much detail as you can. Consider sharing it with a friend or writing down some notes about it. Savor the details and thank God for that memory.
10. Who is someone who makes you laugh? Reach out and talk with them this week.
11. Write down Philippians 4:6-7 and work on memorizing it. Read it several times a day and put it somewhere you'll see regularly.
12. Plan to share a meal with people you enjoy.
13. Think of an activity that helps you experience peace in your body and find time to do it soon.
14. Reduce some of the noise in your life. What are some of the things that interrupt or distract you regularly? How can you turn them off or make them less intrusive?
15. Are there unhealthy behaviors that you use to make yourself feel better when you're stressed or upset? Think through what they might be and replace them with one of the ideas above.