

40 Days of Joy ♦ Daily Activity List

Here are 40 ways you can practice beginning the year with joy. There's a good mix of communal, and personal activities. Most are appropriate for all ages, so caregivers: include the kids when you can and make it a whole-house thing! Also note the five Sabbaths

Print this list, and check off an item after you've completed it.

<p>● Alone Time Schedule yourself some peace. Be reflective. Think grateful thoughts.</p>	<p>● Binge Watch/Listen Go ahead and catch up on what you missed, or enjoy it all again..</p>	<p>● Blanket Fort Make a place to hide. Invite somebody inside. It can be simple or elaborate.</p>	<p>● Call Pick up the phone; recite Stevie Wonder lyrics "I just called to say 'I love you.'"</p>
<p>● Compliment Brighten a stranger's day by saying something nice about them.</p>	<p>● Connect Introduce people you know who should know each other but don't.</p>	<p>● Cook Have a dinner party. Invite everybody to help prepare the meal together.</p>	<p>● Create Make something: draw, write, paint, mould, color, compose, or craft.</p>
<p>● Dance Graceful, wild, or awkward ... it doesn't matter. Just move to the rhythm.</p>	<p>● Disconnect Put the tech away for the day. Or half the day. Or an hour. Or in the bedroom.</p>	<p>● Day Trip Go somewhere, anywhere but here. Be adventurous. Eat at a local haunt.</p>	<p>● Exercise Make your heart work. If you think you need to ask your doctor, work it less.</p>
<p>● Give Most local charities work on shoestring budgets. Shock them with generosity.</p>	<p>● Learn Because you don't know everything, do you? Open your mind and experience.</p>	<p>● Let Go Give up something that's been bothering you. Write it down and throw it away.</p>	<p>● List Compile as many things/people/places as you can which bring you joy.</p>
<p>● Move Walk, run, hop, skip, jump, carry or crawl. Engage your kinetic being.</p>	<p>● Music Mix Make a playlist, CD, or dare we say tape? Give it to someone who needs joy.</p>	<p>● New Language Learn a bit of a new tongue. Practice with native speaker. Give them a laugh.</p>	<p>● Organize You know you'll be happier when that pile is gone. Make it happen; celebrate!</p>
<p>● Play Get out a board game, or the tea set. Build with blocks. Sock skate.</p>	<p>● Quit Stop the complaining, accusing, worrying, anger, or general party pooping.</p>	<p>● Read Pick up a book for fun; a good one that makes you forget the clock.</p>	<p>●●●●● Sabbath Pray. Study. Breathe. Worship. Rest. Sing. Praise. Celebrate. Repeat.</p>
<p>● Scavenger Hunt Invite some friends and discover new things about your neighborhood.</p>	<p>● Set a Goal No, not a resolution. This needs to be something you can finish and celebrate.</p>	<p>● Silly Let loose. Stop making sense. Have fun. Pratfalls encouraged (but be safe).</p>	<p>● Simplify Give away good things. Throw away junk. Empty a drawer, closet, or room.</p>
<p>● Sing If you've got a voice, you can do it. Even if you can't do it well, you'll still smile.</p>	<p>● Sleep Take a nap. Sleep in. Hit snooze. Go to bed early. Nod off in the tub.</p>	<p>● Sunrise Get up in time for first light. Pro Tip: do this after you get the extra sleep.</p>	<p>● Sunset Watch the sun go down on the day. As it does, recount the joys from the day.</p>
<p>● Teach Give of yourself. Help someone grow in knowledge and love.</p>	<p>● Thank You Write notes of thanks until your hand cramps up. Then, send some e-mails.</p>	<p>● Volunteer Yes, your time is valuable, but give some away. Get behind a project.</p>	<p>● Write Journal your day, making sure to note all the good things that happen.</p>