

# Discover your Joy!

"Use Love as your Driver, Joy as your Compass & Fulfillment as your Destination!"

~ Pamela Power Scanlon

## Journal Exercise



1. Open your journal to a 2-page clean spread.
2. On the left-hand page, write across the top:  
*What are some of the moments & experiences in my life that have brought me joy?*  
Quickly brainstorm and write down what comes to mind.
3. On the right-hand page, write across the top:  
*What qualities or feelings did these experiences elicit that made me feel joyful?*  
Examples: sense of freedom, being carefree, feeling of being impactful, being a leader, being nurturing, having fun, engaging in laughter, feeling adventurous, expressing my creativity, feeling a sense of inner peace, feeling connected to others, etc.  
Across from each memory on the left side of the page, write down the corresponding emotion, quality or feeling.
4. Turn to the next page & write across the top: *What are some things I can do to consciously create more of these these qualities & feelings into my everyday life?*  
*Write down at least 5 things you can do to get yourself started. As you start doing this and you notice the difference in how you feel, you should naturally start practicing this!*
5. Take a minimum of 1 minute to sit quietly and connect to the feeling of joy that these experiences bring! Allow yourself a few moments to honor yourself by allowing this joyful feeling to flow!

