

Joy Inventory

Thinking positively can feel like an Olympic sport. Sometimes you just need a moment to breathe, and take stock of all the things that bring you joy.

For this activity, you just need a pen and paper and five minutes to think about nothing else but you. It's up to you on whether you want to share whatever you write down.

1. The first part of this activity is to catalogue what brings you joy! Spend 30 seconds each listing the:

- tastes that bring you joy
eg comfort foods, favourite drinks, flavours
- things you touch that bring you joy
eg your favourite blanket, pet, baking!
- sounds that bring you joy
eg certain songs, laughter etc.
- smells that bring you joy
eg a certain scent, perfume, or clean laundry
- sights that bring you joy
eg a certain time of day, your favourite mug
- hobbies, rituals, or self-care activities that bring you joy
eg watching a certain show, going on walks, doing a face mask
- places that bring you joy
eg your bedroom, a park, a loved one's home
- people who bring you joy
eg friends and family (near or far), the barista who knows your order

It's okay if some things cross over. Once you're done, take a moment to appreciate what you've put down. It's your Joy Inventory. It's made up of things that make you, *you*.

2. Now, cross out anything you've done and experienced in the past 7 days. What you're left with is your to-do list for the month ahead!

They're your reminders of what brings you joy. Some will be easier to do than others, and that's okay. You can always change what makes up your Joy Inventory. The most important thing is to look after you.