

Family Joy Journal

4 WEEKS OF FINDING JOY IN THE SMALL THINGS

Name _____ Month _____ Year _____

FAMILY JOY JOURNAL

Your Family Joy Journal is a daily activity for your family to do together. Each member of the family should write down one thing that brought them joy that day, and do this every day during the month of May. Joy can be anything that made you smile or laugh, or simply brought you some positive vibes.

Journaling these moments is important as we often don't keep track of the small joys in life, only focusing on the major accomplishments and milestones. Recognizing the small things can help you and your children find gratitude for everyday activities and interactions – which can lead to positive changes in overall well-being!

Make this Family Joy Journal your own – welcome everyone to write down the jokes they hear, print out the memes they laughed at, draw pictures, etc.

Examples of joy journal entries:

- Getting to take an uninterrupted bath
- Seeing a rainbow on my way to school
- My dad called and we talked for an hour
- I saw an inspiring quote on my social feed
- We went on a walk as a family

At the end of the month, look back on the journal with your family and identify a few of the things that brought you all the most joy. Continue using the journal as needed.

MONDAY:

TUESDAY:



Thought Starters

What made you smile?
What made you laugh?
What little thing brightened
our day today?



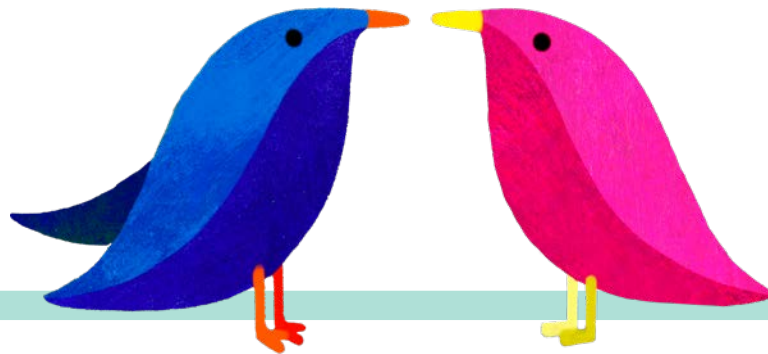
"Joy is very
infectious;
therefore, be
always full of joy!"



WEDNESDAY:

THURSDAY:

FRIDAY:



"Focus on the good and joy will follow."

SATURDAY:

SUNDAY:

"Your mental health is a priority.
Your happiness is an essential.
Your self-care is a necessity."

MONDAY:

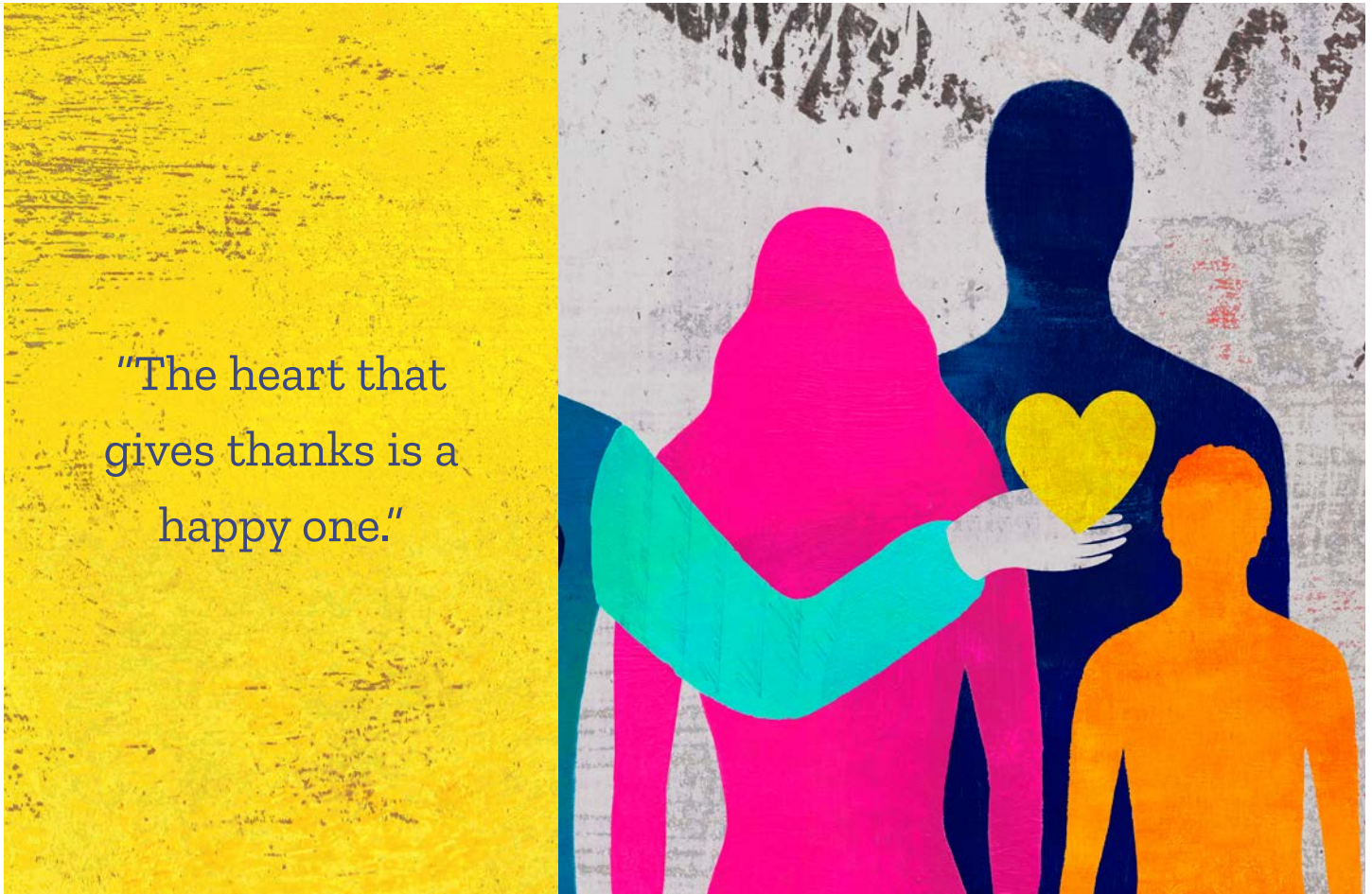
TUESDAY:



Thought Starters

What is one thing you get to do each day that you enjoy? What are you happy about? Who or what are you thankful for?





WEDNESDAY:

THURSDAY:

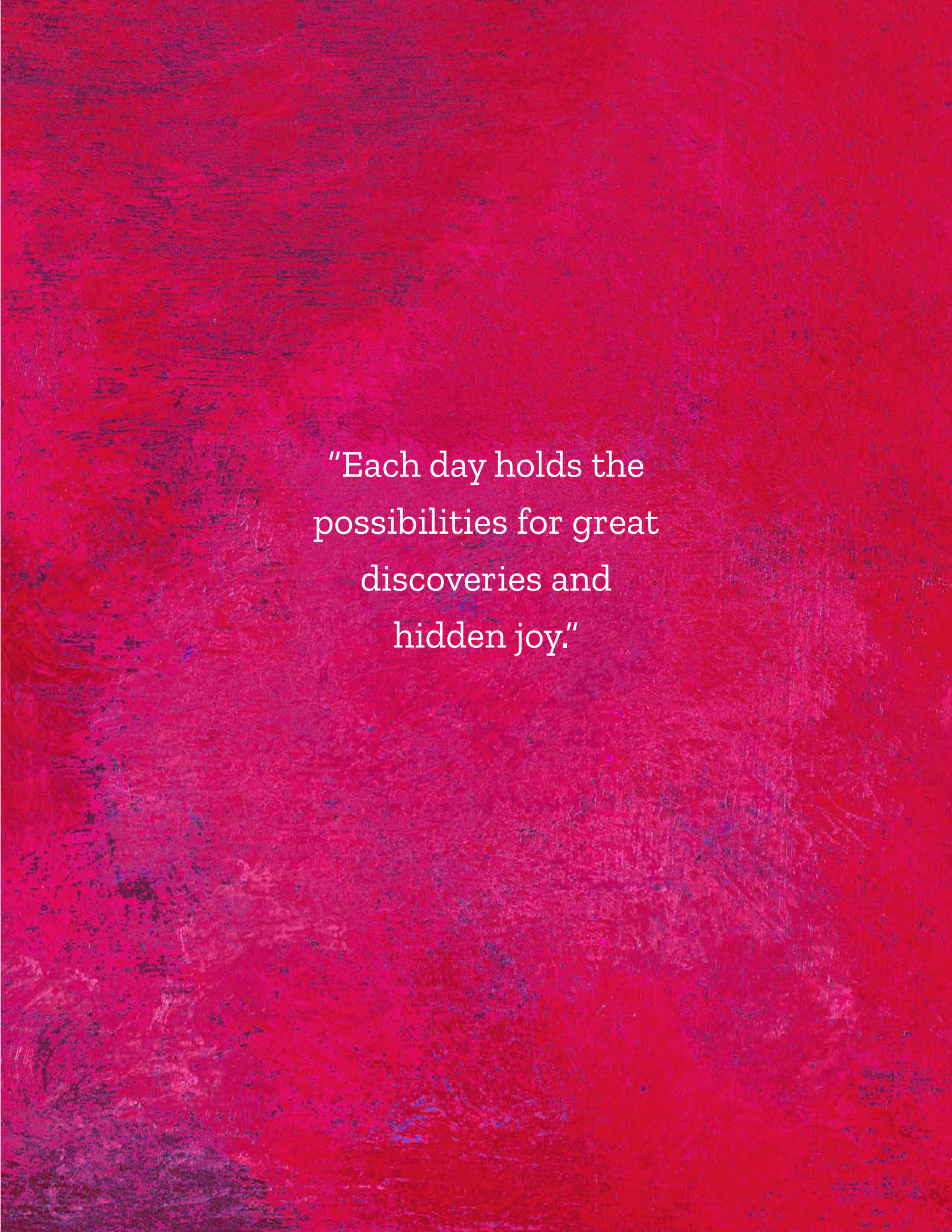
FRIDAY:

"When life throws you a
rainy day, play in the puddles."



SATURDAY:

SUNDAY:



"Each day holds the
possibilities for great
discoveries and
hidden joy."

MONDAY:

TUESDAY:

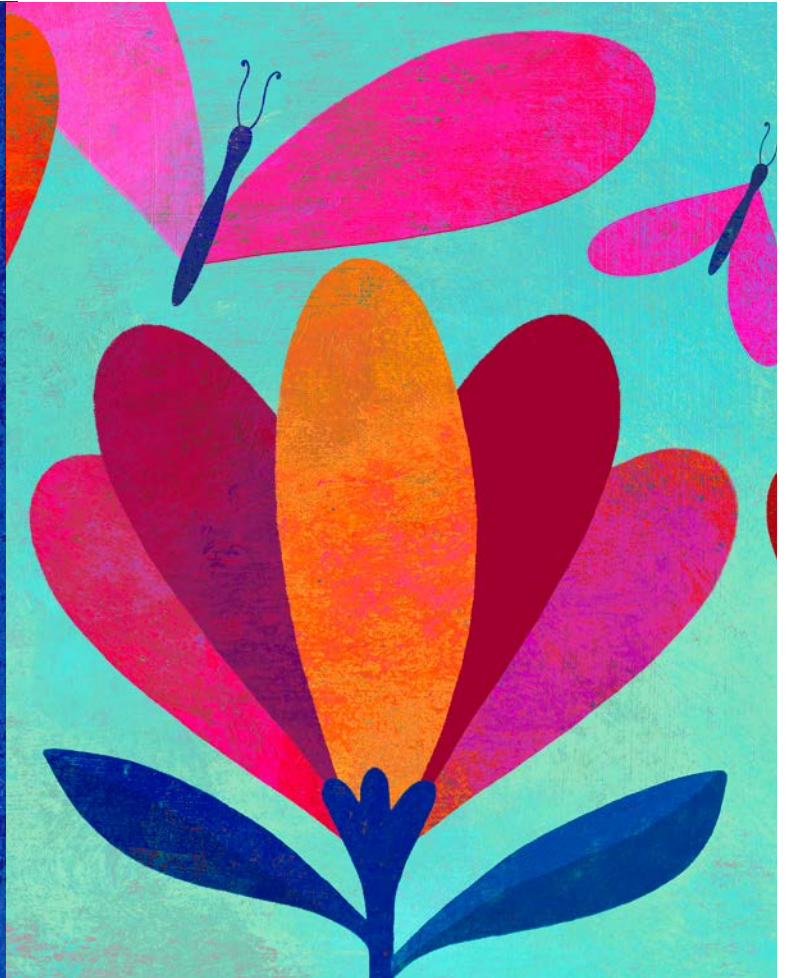


Thought Starters

What was your favorite part of the day? What activity did you look forward to doing? What helped you relax?



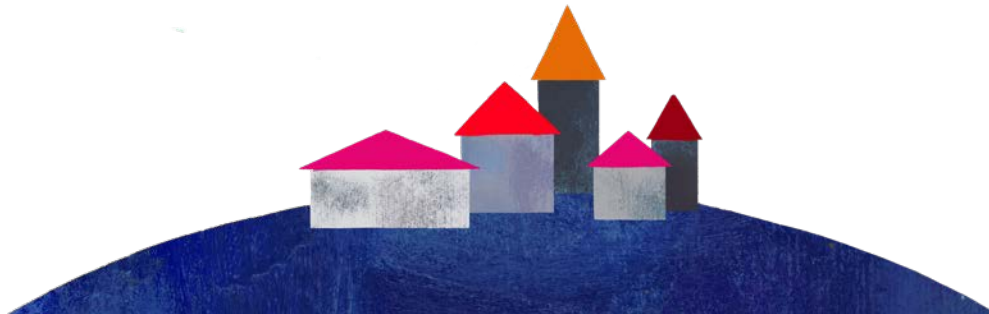
"When you choose
to see the good in
others, you end up
finding the good in
yourself."



WEDNESDAY:

THURSDAY:


FRIDAY:



"Be happy not because everything is good, but
because you can see the good side of everything."

SATURDAY:

SUNDAY:



"When it rains, look
for rainbows. When it's
dark, look for stars."

MONDAY:

TUESDAY:

Thought Starters

What was the best thing about today? Did someone do something nice for you? What made a positive difference in your day today?



"There is joy in
every moment –
you just have to
find it."



WEDNESDAY:

THURSDAY:

FRIDAY:

"Choose joy. Choose happy.
Choose to shine."



SATURDAY:

SUNDAY:

Take a look back at the last month and mark the entries that brought you the most joy. Find ways to bring more of those items moments into your everyday family life. Continue using this joy journal as a guide whenever your family needs it!



Restoring Hope. Reshaping Futures.

We believe every child is worth it – and every family matters. Nexus Family Healing, a national nonprofit mental health organization, has served thousands of children and families who come to us for outpatient/community mental health services, foster care and adoption, and residential treatment. We use innovative, personalized approaches to heal trauma, break cycles of harm, and reshape futures. Whatever your needs, Nexus Family Healing is here to help. Learn more at **NexusFamilyHealing.org**

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Nexus-Indian Oaks Family Healing
Nexus-Onarga Family Healing

MARYLAND

Nexus-Woodbourne Family Healing

MINNESOTA

Nexus-FACTS Family Healing
Nexus-Gerard Family Healing
Nexus-Kindred Family Healing
Nexus-Mille Lacs Family Healing

NORTH DAKOTA

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