

Joy Discovery Worksheet



Reconnect with the small moments that bring you happiness

In this activity, you will **reflect on your everyday experiences** to identify moments and activities that bring you joy, helping you to build positive mental health habits.

Welcome to Joy Discovery

Joy is often found in the small, everyday moments. This activity helps you to **identify these moments**, understand what makes them joyful, and find ways to experience them more often. Recognizing and appreciating joy can significantly improve your overall mental health and well-being. It's about **tuning into the positive aspects** of your life.

Let's Explore Moments of Joy

Read the prompts carefully. Think about moments in your life that brought you joy. Ask yourself: **What activities give me energy?** Pay attention to what makes you feel good.

Moment / Activity	What Happened?	How It Made Me Feel	Why It Brought Me Joy	How I Can Experience This Again

Joy Awareness Prompts

- What small moments made me smile today?
- When did I feel most like myself?
- What activities give me energy?
- Who or what makes me feel safe and happy?
- What is something simple I enjoy but often overlook?

Joy Builder Section

- Something new I want to try for joy: _____
- A hobby or activity I want to revisit: _____
- A person I want to connect with: _____

Daily Joy Tracker

- Today I felt joy when: _____
- Joy level (1–10): _____

Joy Reminder

- Joy can be found in small, simple moments—I just need to notice it.

Reflection

- One thing I'm grateful for today: _____

Building Connections

Now, let's connect what you've learned about recognizing joy in your life and the activities you've completed to deepen your understanding.

Complete the table below to reflect on how different aspects of joy connect to your personal experiences.

Key Concept	Your Understanding	Why is this important?
<i>Example: Identifying small moments of joy</i>	<i>Understanding that joy doesn't always come from big events.</i>	<i>Helps appreciate daily life and improve mental health.</i>
Connecting with nature		
Practicing gratitude		
Revisiting hobbies		

Reflect on Your Joy Journey

Now that you've explored different aspects of joy, it's time to reflect on what you've learned and how you can apply it to your life.

How has your understanding of what brings you joy changed after completing this activity?

What was the most surprising thing you discovered about yourself during this activity?

How do you plan to incorporate more joy into your daily life?