



EP. 161

Remembering To  
*Find Joy* In The  
Small Things

THE RENDER PODCAST

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# 10 THINGS THAT CAN BRING YOU JOY

Think about the things that bring you joy. What are they? Write them below & *create your very own joy list!*

## CREATE YOUR JOY LIST

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

ADDITIONAL JOY FILLED IDEAS —

Looking for additional educational resources?



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