

10 Ways to find JOY

even when you're not feeling it

1. Turn on some worship music.
2. Make your bed.
3. Play a game.
4. Get dressed for the day - hair and makeup too!
5. Call a friend or loved one - maybe even Facetime if you can.
6. Make a list of 10 things you're grateful for.
7. Take a walk outside.
8. Clean out a closet, or a drawer.
9. Try a new recipe.
10. Get crafty or creative!