

# 35 Joy Tips - Through JESUS

*simple ways to find JOY in your life!*

<input type="checkbox"/> Pray a Rosary	<input type="checkbox"/> Pray a Novena	<input type="checkbox"/> Pray a mini-novena	<input type="checkbox"/> Dedicate yourself to Jesus through Mary	<input type="checkbox"/> See suffering as a gift and a privilege	<input type="checkbox"/> Unite your sorrows with Jesus' sorrows on the cross	<input type="checkbox"/> Go to or virtually attend Daily Mass
<input type="checkbox"/> Stand in wonder at the Trinity	<input type="checkbox"/> Spend quality time with God	<input type="checkbox"/> Create a Bible study group with friends or in the parish	<input type="checkbox"/> Start a prayer journal	<input type="checkbox"/> Receive the Eucharist as often as you can	<input type="checkbox"/> Go to confession frequently	<input type="checkbox"/> Commit to Mass every Sunday
<input type="checkbox"/> Invite the Holy Spirit into your daily life	<input type="checkbox"/> Pray for Mary's help and intercession often	<input type="checkbox"/> Pray to the saints for help and intercession often, too!	<input type="checkbox"/> Read your Bible daily/ or as often as you can	<input type="checkbox"/> Read Spiritual books for inspiration and knowledge	<input type="checkbox"/> Listen to the Rosary on an app or YouTube video	<input type="checkbox"/> Listen to Catholic Radio - EWTN
<input type="checkbox"/> Pray with an open heart and mind	<input type="checkbox"/> Pray without ceasing	<input type="checkbox"/> Listen to God	<input type="checkbox"/> Create room in your heart for God to work in you	<input type="checkbox"/> Make a space in your house for prayer/ meditation	<input type="checkbox"/> Create quiet time for God every day	<input type="checkbox"/> Watch Catholic shows and TV
<input type="checkbox"/> Pray with God's will in mind: Thy will be done	<input type="checkbox"/> Use the Bible as daily inspiration	<input type="checkbox"/> Use the saints as daily role-models	<input type="checkbox"/> Go to retreats when you can	<input type="checkbox"/> Do an hour of Eucharistic adoration often	<input type="checkbox"/> Pray for someone else every day	<input type="checkbox"/> Use your time, talent, treasure for God's glory

# 35 Joy Tips - Through OTHERS

*simple ways to find JOY in your life!*

<input type="checkbox"/> Open a door for someone	<input type="checkbox"/> Offer a helping hand to a stranger	<input type="checkbox"/> Help someone with their groceries	<input type="checkbox"/> Visit the sick	<input type="checkbox"/> Visit the infirmed	<input type="checkbox"/> Visit the imprisoned	<input type="checkbox"/> Visit the lonely
<input type="checkbox"/> Give of your treasure without being stingy	<input type="checkbox"/> Give of your talent without boasting	<input type="checkbox"/> Give of your time without complaining	<input type="checkbox"/> Give someone you love a gift just because	<input type="checkbox"/> Tell someone you love them, and mean it	<input type="checkbox"/> Make a casserole for a new mom	<input type="checkbox"/> Bake goodies for someone who needs some love
<input type="checkbox"/> Share a smile with someone	<input type="checkbox"/> Create something for someone	<input type="checkbox"/> Make someone laugh	<input type="checkbox"/> Donate or knit or sew clothes for those in need	<input type="checkbox"/> Offer someone a ride	<input type="checkbox"/> Be encouraging at all times	<input type="checkbox"/> Be a positive role-model for others
<input type="checkbox"/> Serve others without counting the cost	<input type="checkbox"/> Inspire someone	<input type="checkbox"/> Know people, so you can truly help people	<input type="checkbox"/> Spend special time with your child	<input type="checkbox"/> Read for your child or for someone else	<input type="checkbox"/> Give your child a hug	<input type="checkbox"/> Be a friend that you would like to have
<input type="checkbox"/> Put your spouse before your children	<input type="checkbox"/> Put God before your spouse	<input type="checkbox"/> Be there for someone who's hurting	<input type="checkbox"/> Snuggle with your spouse or child	<input type="checkbox"/> Educate someone with info that is helpful	<input type="checkbox"/> Ask others for advice; and then listen	<input type="checkbox"/> Ask others how you can help them

# 35 Joy Tips - Through YOU

*simple ways to find JOY in your life!*

<input type="checkbox"/> Find what you love to do	<input type="checkbox"/> Figure out what you are good at, and do it!	<input type="checkbox"/> Be sensible with your money	<input type="checkbox"/> Don't buy things you don't need	<input type="checkbox"/> Refrain from spending lots of money on unnecessary things	<input type="checkbox"/> Have alone time at least once a week	<input type="checkbox"/> Get enough sleep to feel well
<input type="checkbox"/> Make dates with your children	<input type="checkbox"/> Make dates with your spouse	<input type="checkbox"/> Make dates with your friends	<input type="checkbox"/> Follow only people who are uplifting and positive	<input type="checkbox"/> Stay off of Social Media as much as possible	<input type="checkbox"/> Read books that excite and inspire you	<input type="checkbox"/> Eat well to help yourself stay strong and alert
<input type="checkbox"/> Give up trying to be perfect	<input type="checkbox"/> Ignore culture's idea of beauty	<input type="checkbox"/> Be aware of your flaws, but don't agonize over them	<input type="checkbox"/> Wear what makes you comfortable and feel good	<input type="checkbox"/> Wear clothing that allows others to see you, not just your body	<input type="checkbox"/> Breathe deep and be thankful for life every day	<input type="checkbox"/> Let go of things you can't control
<input type="checkbox"/> Be able to say "no" when something isn't good	<input type="checkbox"/> Don't be so BUSY	<input type="checkbox"/> Start a dream notebook to keep dreaming	<input type="checkbox"/> See your body as a beautiful vessel of life	<input type="checkbox"/> Think positively	<input type="checkbox"/> Do your best to see the glass half-full	<input type="checkbox"/> Be flexible
<input type="checkbox"/> Inject silence into your day intentionally	<input type="checkbox"/> Learn how to have a healthy love of yourself	<input type="checkbox"/> Be your own best friend	<input type="checkbox"/> Live intentionally in whatever ways you can	<input type="checkbox"/> Allow yourself to grieve over something you have lost	<input type="checkbox"/> Be realistic	<input type="checkbox"/> Pray for yourself