

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

PP **A flower blossoms for its own joy.** PP
- Oscar Wilde

3 Introduce yourself & tell us something that brings you joy

4 Notice how you feel when you think, talk or engage with your passion

5 Write down 5 topics you'd like to find out more about

6 Write down 5 things you love about your passion

7 Try something new that you've always been curious about

1 Sign Up to participate in Joyful January

2 Invite a friend to sign up for Joyful January

10 Research the origin or history of one of your interests

11 Watch a new movie that includes a topic of interest to you

12 Make a plan for trying something you wrote about on the 5th

13 Find a book about a topic that brings you joy

14 Write about how your interests give you purpose

8 Write or draw about a person that brings you joy

9 Write a story about how you discovered one of your interests

16 Devote an hour to spend doing something that brings you joy

17 Create a work of art honoring a passion/interest

18 Create a "how-to" about one of your interests

19 Create a photo slideshow of things that bring you joy

20 Create a themed board game about your passion

21 Write a song or share music that inspires you

15 What do you hope to learn in the future?

23 Tell a story including everything that brings you joy

24 Identify a shared interest with someone you know

25 Ask a question about someone else's passion

26 Compliment someone else's creations

27 Have a conversation with someone about a shared passion

28 Say thank you to someone who has helped you connect with your passion

22 Create an illustration about the feeling of joy

30 Make a plan for continuing to engage with your passions

31 Share what you learned this month!

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