



JOY EXERCISE

5 MINUTES

Becoming a new mother can be challenging. All of the free time you had before children is replaced with long to-do lists and additional responsibilities.

Before having my first child, I didn't know how difficult and stressful my life would become. All of the stress-relieving tools and activities that I did before seemed more challenging to apply.

As mother's, it's easy to put ourselves last on the list when it comes to taking care of ourselves. We are too busy cooking, cleaning, working, and doing our best to make sure our kids are okay.

To help reconnect with myself and to figure out ways to bring more stress relief and energizing activities into my life, I decided to create a "joy" list.

Every now and then, I set the timer for 5 mins and quickly write down all of the things and activities that bring me joy.

Once I have my list, I think of ways to incorporate them into my weekly routine....even if it's only a 5 minute activity.

The next page is an editable pdf file of the "joy worksheet". I hope this will help you to reconnect with the activities that bring you joy and give you an energy boost throughout each day.

Big hugs, Jamie

JOY EXERCISE

5 MINUTES

SET THE TIMER FOR 5 MINUTES AND
LIST EVERYTHING THAT BRINGS YOU JOY

WEEK OF: _____

JOY EXERCISE

5 MINUTES

CHOOSE AN ACTIVITY FROM YOUR LIST AND
COMMIT TO DOING IT DAILY THIS WEEK

WEEK OF: _____