Joy RECORD

Date:

* WHAT BROUGHT YOU JOY TODAY?

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* WHY DID THAT BRING YOU JOY?

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* WHAT DOES THAT TELL YOU ABOUT YOURSELF?

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* WHAT ARE SOME SIMILAR SITUATIONS THAT WOULD BRING YOU THE SAME KIND OF JOY?

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* WHAT COULD YOU ACTIVELY DO TO GET INTO ANY OF THOSE SITUATIONS?

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