

HOW TO always FIND joy

1 Start counting gifts

Count all the ways He loves you and you begin to see Who you can always count on.

God tells us to give thanks in all things because this is how we live through anything!

JOY is a function of GRATITUDE, + gratitude IS A FUNCTION OF perspective

2 Make a gratitude gift jar



for your family

or as a family create one full of things you are grateful for in another person and give it to them as a gift they can always open year round to find more joy!

Shift my perspective to find something to be thankful for — and there is always, always something to be thankful for — so joy is always, always possible.

3



pray MORE THANK YOUS

Give thanks to God, morning, night, without ceasing.

Fearfulness and thankfulness can't exist simultaneously in our hearts!

Say MORE THANK YOUS

to your people, to the delivery person, to the cashier at the store — **spread the joy!**

Write MORE THANK YOUS



Text a thank you, leave a thank you comment, jot a thank you card, write a thank you email note.

Write one thank you a day to keep the darkness away!

