Making Room for Joy

FINDING HAPPINESS IN AN IMPERFECT LIFE

Joy can coexist with stress. Life does not have to be perfect.

1 DEFINE

Happiness and joy in my life

Happiness can be overall contentment; joy can be a brief moment of delight or connection.

Happiness means:

Joy looks or feels like:

2 NOTICE

Recognize what brings me joy

Joy can be quiet, ordinary, or brief. Check what feels true for you.

- ☐ Humor or laughter
- ☐ Connection
- ☐ Rest or stillness
- ☐ Music or movement
- ☐ Nature
- ☐ Small wins

Something else:

3 HOLD BOTH

Joy and stress can coexist

A hard moment does not erase what is meaningful. Two things can be true.

Something weighing on me:

Something still bringing joy:

Even though life is hard, I can still...

4 MY JOY MENU

Choose a realistic moment of joy

Pick options that fit your time and energy—not another obligation.

5 MIN	20 MIN	MORE
A tiny lift	*A short break*	*A recharge*

Low-energy or free option:

5 PROTECT JOY

Make room without pressure

What could you gently adjust or release to make room for joy?

- ☐ Put my phone away
- ☐ Ask for help with a task
- ☐ Let a nonurgent task wait

One boundary to protect my joy:

6 TRY IT THIS WEEK

Turn intention into action

This week I will:

When and where:

If stress interrupts, I can adjust by:

Afterward, I want to notice:

Created for educational and personal reflection by Imperfect Harmony Counseling Services.
This worksheet is not a substitute for individualized mental health care.