

J Is for Joyfulness

Joyfulness is choosing to be happy and content with yourself and with what you have. A smile, a laugh, and a song of happiness are simple ways that you can express your joy. You can be joyful by looking for the good in every situation.

Helping others is another way to find joy. When you think about others and what makes them happy, and then do those things, joy has a way of filling your heart too!

Put it into action:

Think of two things that make you smile, and then look for ways you can make someone else smile too.

