




A ONE-MONTH CREATIVE JOURNAL



Discovering Joy

Joy and happiness are often treated as synonyms, but joy is so much more than simply feeling happy. Happiness is the feeling you get when the guy in front of you pays for your coffee at the drive-thru or your boss lets you off work a bit early. Joy is something you feel deep in your soul.

Although the pages that follow will help you discover what joy means to you, take this book as seriously or as lightly as you need. While there are a few questions that will specifically direct you to write, draw, or doodle, feel free to engage with this journal however you prefer—maybe you'd rather include a photograph or a collage. There are no wrong answers or methods here—all that matters is that you're choosing joy every day!

You'll notice two pages at the end of this journal to write down songs that speak to you every day during your journey. Once you've written out your full playlist, please share it. Create it on Spotify and tweet it to @WaterBrookPress using #JoyfulPlaylist.

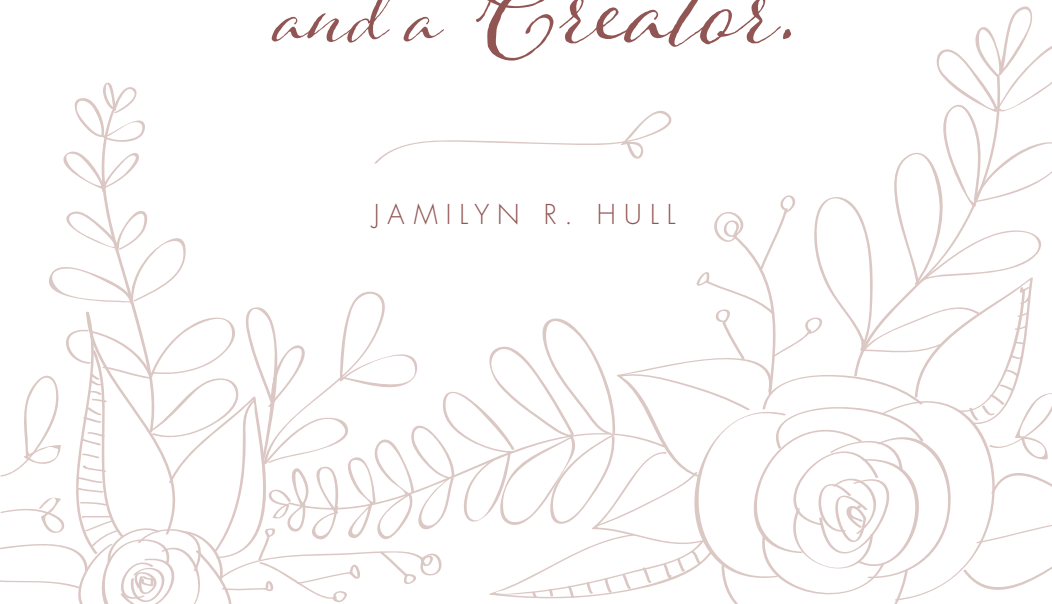
Are you ready to begin?



*Happiness and other
feelings are fleeting,
but joy has an origin
and a Creator.*



JAMILYN R. HULL





DAY

1

How is joy different from happiness?





*I thank my
God every time I
remember you.*

*In all my prayers
for all of you,
I always pray
with joy.*

PHILIPPIANS 1:3-4, NIV

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