

Day 14 Jump for Joy

Quote

There is a calmness to a life lived in gratitude, a quiet joy. Ralph H. Blum

Bible Verse

Clap your hands, all you nations; shout to God with cries of joy. Psalm 47:1

Inspiration

I will dance

<http://www.youtube.com/watch?v=eaHufPkCU5g>

Funny Ballet

<http://www.youtube.com/watch?v=xsRND08Upys>

Springboks

http://www.youtube.com/watch?v=0- JTh_ctrk

To think about or journal

What gives you joy?

What things do you do that bring joy to other people?

Do you differentiate between joy and happiness?

Action

Leave post-it notes with inspirational messages in random places such as a supermarket shelf, a library shelf or the mirror in a public toilet (restroom).