

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

Gratitude link

6 ways

<http://voices.yahoo.com/6-ways-practice-gratitude-more-peaceful-and-4034867.html?cat=72>

Journaling

What gives you joy?

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

Do you differentiate between joy and happiness?

Technique

Using watercolours with a stencil

<http://www.youtube.com/watch?v=Ccrr8276hVU>

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).