



## The One Thing that Brings you Joy

What is **the one thing** you can do that always makes you feel better and would make a big difference in your life if you did it every day?

What energizes you and brings you joy? What lights your fire?

Perhaps it is a yoga practice, maybe it's roller blading. Maybe it's writing or painting or singing or dancing. Or a creative project that keeps getting pushed aside. Or perhaps it's doing your own bathing ritual or a meditation practice that calms you into a state of bliss. Maybe it's connecting online with a supportive group of friends.

What can you do to work this one precious thing into your life every day?

Begin to make it a habit to do this thing every day. Just claim it as the one thing you get to do that makes you feel good. Even if it's only for a half hour, claim that time. Let everyone in your family know that this is your time to do what makes you feel balanced and happy.

Better yet, ask your whole family to choose the one thing that makes them feel happy and schedule a time every day when you all do your thing during that time. That way everyone is participating and will be wrapped up in what they are doing so they won't be interrupting you!

Make a promise to yourself that you will begin today. Make this a sacred commitment so that nothing will stand in your way.

Ask yourself these questions and write the answers below:

**What does it look like for you to incorporate this one thing into your life?**

*Example: I do my yoga practice via online video every day.*

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**What will be the outcome of incorporating this self-care practice into your life?**

*Example: I feel calmer and have more energy to show up to be the mom I want to be. My body feels healthier and I feel a greater sense of inner happiness. Everyone around me responds to my happiness and there is now an atmosphere in my home that feels more fun and cooperative and less chaotic.*

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**List the steps it takes to begin this habit.**

*Example:*

- 1. Find a yoga practice online that works for you and download a video or sign up for a class*
- 2. Turn off all notifications and beeps so you don't get distracted.*
- 3. Tell your family that you are now beginning your yoga time and you will check in with them when you are done.*
- 4. Get a yoga mat and whatever you need to do your practice*
- 5. Find a space for you to have your quiet yoga time and close the door*

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**What might get in your way of making this a habit?**

*Examples: If I check my email or Facebook I'll get caught up in that and that sucks up my time. My toddler is too young to be by himself for the whole hour of my yoga video.*

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**How can you support yourself to avoid these pitfalls?**

*Examples: I commit to going right to my yoga space and turn on airplane mode or turn off notifications without looking at anything else. I do my yoga practice when my toddler is napping.*

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**How do you feel now that you've made this commitment to yourself?**

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