



PRESENTS

Guard Your Joy

WORKSHEET

Life is 10 percent what happens to us and 90 percent how we respond. How are you responding to the daily events in your life? Do you live with the intention to fiercely guard your joy? Or are you throwing away your joy the second something rubs you wrong?

The best way to guard your joy is to get prepared. Take a few minutes to think about a situation or two that tends to unsettle you or throw off your peace. It could be anything - from rush-hour traffic to a whining child to a co-worker with a conflicting interest. Make a plan for how to handle those situations before you're in them so they don't trick you into giving up your joy!

POTENTIAL JOY-STEALING SITUATION	A STRATEGY FOR GUARDING YOUR JOY