

How to make a joy calendar.

It can be important to plan for things which make us happy, so that we have something to look forward to. A joy calendar allows us to make time for these activities to promote self-care and wellbeing. Follow the guide below to create your own joy calendar.

You will need:

- A weekly calendar. You can get whiteboard weekly calendars which are great as you can wipe it off each week and start again. There are some links at the bottom of this document. You can also print off a calendar or create your own using a large piece of paper and pen
- A scrap piece of paper
- Writing materials
- To know what you have organised for the next week.

Steps:

1. On your calendar, write down everything you need to do this week. This may include school or university, work or appointments.
2. On your scrap piece of paper, write down 10 things you like doing which are free of cost
3. On your scrap piece of paper, write down 10 things you like doing which cost less than £5
4. On your scrap piece of paper, write down 10 things you like doing which cost more than £5
5. Highlight or make a note of all the free time you have on your calendar

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6. Add in at least 5 free activities during these periods of free time
7. Based on your budget, add in a few activities which are costed

You can use the same joy calendar each week or vary it to include a variety of activities. Some people find it useful to keep their list of enjoyed activities to speed the process up each week.

External links:

https://www.amazon.co.uk/Magnet-Shop-Magnetic-Planner-Organiser/dp/B08GSDQ5L3/ref=sr_1_5?crid=2ZHJ80BIUUN19&dib=eyJ2ljojMSJ9.1h3_4Q4m1X0emLhXf7lbqzquCQA1BKV0OnwphrddyBOL56SAqkHn1b77RXyuoQX9IF7PcLJybiOM_0haBCB1-

https://www.amazon.co.uk/cinch-Calendar/dp/B07BKS3KSN/ref=sr_1_2_sspa?crid=2ZHJ80BIUUN19&dib=eyJ2ljojMSJ9.1h3_4Q4m1X0emLhXf7lbqzquCQA1BKV0OnwphrddyBOL56SAqkHn1b77RXyuoQX9IF7PcLJybiOM_0haBCB1-rQOeF_19IOA2A9Dby3gkO96KgELX8PinrijkhgdgZVvTWW6JBnobGVmHYneI5mYB0TXyJT7OlgsGplrl7pcAr8IDbXUca9GAuuCX6fMbCFrAc0VWpe2fKhe6Z1Zcv7E5vMKOokbMzzBot16LqGlb

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