

# the JOY journey

## 30 DAY CHALLENGE

The Joy Journey is a 30 day commitment to regain joy in our lives, our homes, and our minds. To do this, we have to focus, slow down, and understand that self-care is a choice we make every single day. This journey will challenge you to focus on choosing joy again - and for some, for the very first time.

## the daily five

At the center of the Joy Journey are five daily commitments: **meditate**, **move**, **eat**, **unplug**, and **sleep**.

Track and report your progress through the group chat.



**meditate**

Start your day with 14 minutes of meditating on scripture. Every day, start with this as your foundation.



**move**

Spend 30 minutes doing some sort of physical activity. Physical health has a direct impact on our well-being.



**eat**

Drink 1/2 (oz) of your body weight in water. Eat more food than not food. What's that? Stop eating junk.



**unplug**

Take 20 minutes to distress from your day, with any activity away from a screen, task, or others.



**sleep**

Make sure to get at least 7 - 9 hours of sleep every single night. Discover what your body needs.