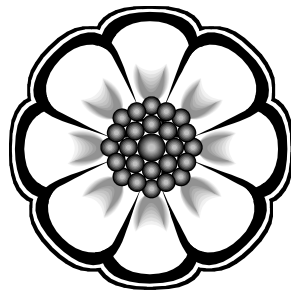


# My Joy Diet Daily Journal



based on the book  
*The Joy Diet*  
by Martha Beck

To be used Daily and Joyfully to Create Your Best Life,  
Compliments of [www.Mommy-Muse.com](http://www.Mommy-Muse.com)

# The Joy Diet

Date: \_\_\_\_\_

1. **Do Nothing** for at least 15 minutes a day.
  
2. **Truth:**  
Create and absorb at least one moment of truth each day.  
Ask: What am I feeling? What hurts?

---

---

What is the painful story I'm telling?

---

---

---

Can I be sure the story is true? Is this story working?

---

---

---

Can I think of another story than might work better?

---

---

---

**Breathe in and out and offer loving wishes to the parts of myself that seem to deserve it the least. May I be Well, May I be Happy, May I be Free from suffering.**

3. **Desire:**  
Each day, identify, articulate, and explore at least one of my heart's desires.  
Pick a pebble, any pebble.

**Today's heart's desire:**

---

---

---

---

---

---

---

---

---

---

**Now, let desire become intention. State it as a reality, a done deal.**

---

---

---

---

---

---

---

---

---

---

**4. Creativity:**

Every day, conceptualize and write down at least one new, concrete idea that will help me obtain something my heart desires. Write down my most pressing heart's desire in the form of a question.

How could I \_\_\_\_\_?  
\_\_\_\_\_?

Come up with at least one feasible idea:

---

---

---

---

---

---

---

---

**5. Risk:**

Every day, do at least one frightening thing that contributes to the fulfillment of my desires.

One risky thing I can do today to obtain my heart's

desires: \_\_\_\_\_

---

---

---

---

---

---

Is it the smallest scary step possible? Does it create an inner sense of clarity, despite apprehensions? Any risk worth taking is worth taking whether it leads to success or failure.

---

---

---

---

---

---

6. **Treats:**  
Every day, give myself at least three really good treats: one for every risk I take, and two just because I'm me. No exceptions, no excuses.  
Today's Treats:

**Morning Treat:** \_\_\_\_\_

---

---

---

**After Risk Treat:** \_\_\_\_\_

---

---

---

**Evening Treat:** \_\_\_\_\_

---

---

---

**More Treat Ideas (for**

**Later):** \_\_\_\_\_

---

---

---

---

---

---

---



**8. Laughter:**

**Laugh at least 30 times a day, or use laughter alternatives!**

**Assess my inner laughter tendencies, expose myself to comedy, hang out with laughers, learn to laugh for no reason, laugh at myself 😊**

**Today's Favorite Laughing Moments:**

---

---

---

---

---

---

---

---

---

---

**Notes (Web links, YouTube URLs, joke books, comedians, etc) To Create Future Laughing Moments:**

---

---

---

---

---

---

---

---

---

---



**10. Feasting:**  
**Have at least three square feasts a day.**

**Today's Feasts:**

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4, etc. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Create a context of celebration. Let myself be nourished through all my senses. Engage mindfully, with as much pleasure and enjoyment as possible. Give thanks. Repeat often.**