



*Joy*

THE JOURNAL

THE PRACTICE WITH DAPHNE LYON

---

WHAT BRINGS ME JOY

- 
- 
- 

WHERE DOES JOY  
RESIDE WITHIN ME

- 
- 
- 

---

WHAT SUPPRESSES MY JOY

- 
- 
- 

WHAT SUPPORTS MY JOY

- 
- 
- 

---

WHAT CAN I DO TODAY TO CHOOSE JOY

---

---

---

---

WHEN I'M JOYFUL I FEEL...

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---

---