

Joyful

by Ingrid Fetell Lee

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

- ⁰¹ **Do a 5-minute color audit**

Walk through your most-used room. Count the colors. If everything is gray, beige, or black, add one bold object - a bright pillow, a colored vase, a warm throw. One pop of color shifts the whole room's energy.

MON TUE WED THU FRI SAT SUN

- ⁰² **Create one spot of abundance**

Fill a bowl with lemons, stack your favorite books in a tower, or arrange a cluster of candles. Abundance doesn't mean clutter - it means one area of intentional overflow that signals plenty.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Add one playful object to your workspace**

Put something whimsical where you work - a tiny plant in a funny pot, a colorful pen, a toy from childhood. Adults underestimate how much a single playful object relaxes the nervous system.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Maximize natural light for one week**

Open every curtain first thing in the morning. Move your desk closer to a window. Eat breakfast facing the light. Track how your energy and mood change by day 7.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Design a 'joy corner' in your home**

Choose one small area - a shelf, a windowsill, a side table - and design it purely for joy. Combine color, texture, a living thing, and something that sparkles. Make it yours.