

JOURNAL ART ~ JOY Bubbles

“Finding your JOY ... is like feeling those bubbles from the soft drink inside you ...you begin to see it whenever you are inspired or excited or motivated.” JOYFUL WARRIORS Guidebook p.73.

Having fun with journaling can take many forms, from sitting at the beach with an “umbrella” drink at hand while you write, to turning your writing page upside down and writing in rainbow colours.

However you choose to journal, sometimes it makes sense to tap into your creative side and capture the essence of what you are writing about, in a deeper way.

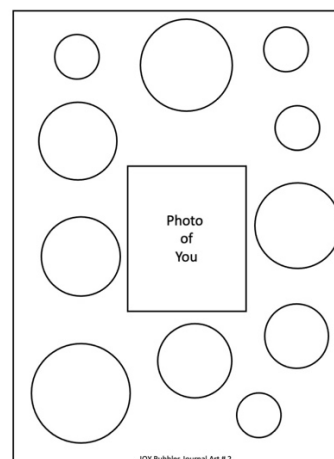
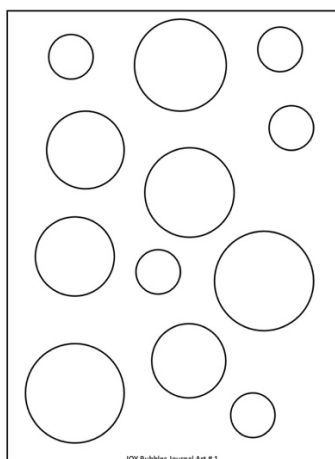
Part of the purpose of being a JOYful Warrior is to pay careful attention to what brings you JOY. In fact, you’ve been encouraged to write about your JOY, in your journal. Once you start paying close attention to your own World of JOY, JOYful experiences tend to increase.

Tapping into your creative self feeds your JOYFUL WARRIOR spirit, too.

Try this idea: choose one of the designs below and create a visual representation of the JOY Bubbles in your journal. (*You can download a bigger version to stick straight into your journal here: <http://joyfulwarriors.com/wp-content/uploads/2021/01/bubbles2.pdf>) Use colours: pens, markers, crayons, paints – whatever speaks to you. Then, write What Brings You JOY, in each bubble.

If you choose JOY Bubbles Journal Art #2, begin with a current photo of you – one you love. Then, write What Brings You JOY now. One thing in each bubble. If you have a photo you LOVE, from some other time in your life, that you’d prefer to use, do so. Capture what you want to Remember of JOY at that time, in your JOY Bubbles.

Revisit this Journal Art creation, again, at another time. Feel into the creativity. Remember the JOY moments.



A Suggestion: Create a JOY Bubbles Journal Art page at significant times of the year and include a relevant-to-the-occasion photo. For example, a Christmas Gathering photo with other people's JOY written around the picture and/or what it is about each person what brings you JOY.

Other Ideas

- Bubbles of Love: for an anniversary
- Bubbles of Adventure JOY: for a favourite trip or experience
- Bubbles of Beautiful Memories: those cherished memories left by a deceased loved one

****Special Thanks to Jennifer Granger for the original JOY Bubbles journaling concept!**

<https://jengranger.substack.com/>

