

JOY EXPERIENCE IDEA GENERATOR

Master Checklist

JOY IN NATURE

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|-----------------------|--------------------|
| Splash in the puddles | Find bugs |
| Walk Barefoot | Skip rocks |
| Watch the clouds | Admire a flower |
| Soak up the sun | Explore a new area |
| Listen to the birds | See leaves change |

JOY WITH OTHERS

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|----------------------|--------------------|
| Sharing a meal | Celebrating Events |
| Visiting a new place | Weddings/Showers |
| Seeing a show | Hiking & Exploring |
| Playing a game | Shopping |
| Cuddling | New Baby |

JOY WITH HOBBIES

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|------------|---------------|-------------|
| Painting | Knitting | Bead Making |
| Crafting | Model Trains | Reading |
| Sewing | Colouring | Writing |
| Collecting | Trading Cards | Drawing |
| Building | Video Games | Refinishing |

JOY WITH FOOD

| | |
|----------------------|------------------|
| Cooking a meal | New Restaurants |
| Trying a new Recipe | Ethnic Cuisine |
| Savouring the scents | Chef Experiences |
| Tasting the textures | Simple Meals |
| Dinner Parties | Sweet Snacks |

JOY WITH ACTIVITIES

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|----------|----------------|--------------|
| Bowling | Paddleboarding | Ping Pong |
| Golfing | Running | Mini Putt |
| Swimming | Walking | Skydiving |
| Surfing | Soccer | Flying |
| Sailing | Basketball | Scuba Diving |

JOY WITH PLACES

| | | |
|-----------|---------------|----------------|
| Forest | Airplane | Cities |
| Beach | New Home | Country |
| Ocean | Road Trip | Rocks & Rivers |
| Mountains | Tourist Sites | Stores |
| Cabin | Cozy Bed | New Areas |

MISCELLANEOUS JOY

| | | |
|----------------------------------|------------------------------|------------------------------|
| Personal Development | Random Acts of Kindness | Saving Money & Discounts |
| Leaping out of Your Comfort Zone | Conversations with Strangers | Warm Mug of Cocoa |
| Challenging Yourself | Fresh Sheets | Clean house, laundry, dishes |
| | Surprise Gifts & Visits | Cute Trinkets & Collectibles |