

# CRAPPY TO HAPPY

You can start creating more JOY right now by looking at the things in your life that are unglamorous (yet required), and finding ways to make them less “crappy.”

*Joy is my Job*

ON THE LEFT, WRITE DOWN THINGS THAT YOU DON'T ENJOY DOING, BUT ARE REQUIRED IN LIFE.  
ON THE RIGHT, WRITE DOWN ONE THING THAT YOU COULD DO (BEFORE, DURING OR AFTER)  
TO MAKE IT FEEL MORE HAPPY (JOYFUL).

*YOU'LL BE SURPRISED AT HOW A SMALL SHIFT CAN MAKE A BIG DIFFERENCE!*

EXAMPLE

CRAPPY

LAUNDRY!!



HAPPY

LISTEN TO PODCASTS OR  
MUSIC WHIL I FOLD

CRAPPY



HAPPY

CRAPPY



HAPPY

CRAPPY



HAPPY