



1

If you keep My commandments,
 You will *remain* in My love,
 just as I have kept My Father's commandments
 and *remain* in His love.
 These things I have spoken to you so that
 My joy may be in you,
 and that your joy may be made full.
 - Jesus (John 15:10 -11)

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2

דוּחַ
 chedvâh -
 Rejoicing & gladness

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3

חָדַד
 châdâh - 'khaw-daw'
 A primitive root -
 to rejoice, make glad,
be joined,
 rejoice

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4

Joy
 The feeling of gladness, created by
understanding, accepting
 and believing
 God's perspective of you,
 your situation and circumstance.

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5

Your mind and emotions are
 loving gifts that notify
 you of the true condition
 of your heart,
 soul and spirit.

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6

"Return to Me...
and I will,
heal
your **faithlessness.**"
- Jeremiah 3:22

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The Objective:
"You want to become the type of person
who is in the habit
of living each day with joy."
Make it Tiny:
"To experience a moment of joy."

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**Designing Tiny Habits
for Joy!**

9

**It's as easy as
A B C**

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10

A Anchor Moment
Tiny Behavior
Tiny Celebration

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Tiny Habits for Joy Recipe:
Anchor moment
After I see my loved one...
Tiny Behavior
I will say out loud: "Smile and say I am so happy to see you!"
Tiny Celebration
I will open my arms to give and receive a hug.
Congratulations! You are **instantly** the type of person who is in the habit of showing others that they belong and are **indeed** valued. (Incremental Identity Shift)

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Tiny Habits for Joy Recipe: I'm so happy to see you!

Anchor moment
After I find a quiet place

Tiny **Behavior**
I will take 3 deep calming breaths...

Tiny **Celebration**
I celebrate by smiling and saying, "Thank you Father, for being happy to see and be with me."

Congratulations! You are the type of person who is in the habit of choosing faith no matter what. Incremental steps are the path toward sustained joy.

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The Heavenly Plan of Care

Praise Prescription.

Apply every time the Holy Spirit reminds you that God loves you and is always happy to see and be with you.

Keep it tiny and simple and always remember to breathe.

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