

Worksheet: Joy Enhancer

Every good and perfect gift is from above, coming down from the Father.

—James 1:17

I call this worksheet the Joy Enhancer because when we focus on blessings, victories, and the things we have to look forward to, our joy increases! We are also more aware of God's work in our daily lives. Use this worksheet to list daily blessings, things you did right that day, and things you are eagerly anticipating the next day—or someday in the future. (I like to take a moment at the end of the day to look back and fill out this worksheet. Or you could fill it out during your morning quiet time as you look back on the previous day.) Don't be afraid to record seemingly small, insignificant events. God is in the details of your life!

Date: _____

Blessings:

1. _____
2. _____
3. _____
4. _____
5. _____

What I Did Right:

1. _____
2. _____
3. _____
4. _____
5. _____

Eager Anticipation:

1. _____
2. _____
3. _____
4. _____
5. _____

Date: _____

Blessings:

1. _____
2. _____
3. _____
4. _____
5. _____

What I Did Right:

1. _____
2. _____
3. _____
4. _____
5. _____

Eager Anticipation:

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2. _____
3. _____
4. _____
5. _____

Date: _____

Blessings:

1. _____
2. _____
3. _____
4. _____
5. _____

What I Did Right:

1. _____
2. _____
3. _____
4. _____
5. _____

Eager Anticipation:

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2. _____
3. _____
4. _____
5. _____

To download this worksheet, visit WarriorfortheLord.com/downloads.