

31 Days of Joy

1 To have joy one must share it. Happiness was born a twin. ~ Lord Byron	2 Joy is the simplest form of gratitude. ~ Karl Barth	3 Find ecstasy in life; the mere sense of living is joy enough. ~ Emily Dickinson	4 Be absolutely determined to enjoy what you do. ~ Gerry Sikorski	5 For every minute you are angry you lose sixty seconds of happiness. ~ Ralph Emerson	6 Let a joy keep you. Reach out your hands and take it when it runs by. ~ Carl Sanburg	7 The sun does not shine for a few trees and flowers, but for the wide world's joy. ~ Henry Beecher
8 Joy is the feeling of grinning inside. ~ Melba Colgrove	9 Joy comes from using your potential. ~ William Shultz	10 He who has not looked on Sorrow will never see Joy. ~ Khalil Gibran	11 Find a place inside where there's joy, and the joy will burn out the pain. ~ Joseph Campbell	12 The walls we build around us to keep sadness out also keeps out the joy. ~ Jim Rohn	13 One joy shatters a hundred griefs. ~ Chinese Proverb	14 This is the best kind of voyeurism, hearing joy from your neighbors. ~ Chuck Sigars
15 Real joy comes not from ease or riches or from the praise of men, but from doing something worthwhile. ~ Sir Wilfred Grenfell	16 I don't really care how I am remembered as long as I bring happiness and joy to people. ~ Eddie Albert	17 Joy is what happens to us when we allow ourselves to recognize how good things really are. ~ Marianne Williamson	18 To serve is beautiful, but only if it is done with joy and a whole heart and a free mind. ~ Pearl S. Buck	19 If I keep a green bough in my heart, the singing bird will come. ~ Chinese Proverb	20 If you want others to be happy, practice compassion. If you want to be happy, practice compassion. ~ The Dalai Lama	21 As you walk down the fairway of life you must smell the roses, for you only get to play one round. ~ Ben Hogan
22 Focus on the journey, not the destination. Joy is found not in finishing an activity but in doing it. ~ Greg Anderson	23 We have to embrace obstacles to reach the next stage of joy. ~ Goldie Hawn	24 Learning to live in the present moment is part of the path of joy. ~ Sarah Ban Breathnach	25 Happiness lies in the joy of achievement and the thrill of creative effort. ~ Van Gogh	26 In times of joy, all of us wished we possessed a tail we could wag. ~ W. H. Auden	27 Joy is not in things; it is in us. ~ Richard Wagner	28 There may be Peace without Joy, and Joy without Peace, but the two combined make Happiness. ~ John Buchan
29 Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties. ~ Helen Keller	30 There are souls in this world which have the gift of finding joy everywhere and of leaving it behind them when they go. ~ Jean Paul			31 Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom. ~ Marcel Proust		