



# UNDER HIS WINGS

SEASON 1

EPISODE 5—CHOOSING JOY

## ACTION

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## SHOW NOTE HIGHLIGHTS

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### Our Tips for fostering JOY!

1. Choose good thoughts.
2. Remember good times.
3. Choose movement/fitness and good nutrition.
4. Choose good friends.
5. Choose good things to fill your bucket with: wise social media, and environment.
6. Choose gratitude.
7. Choose to serve.
8. Choose to forgive yourself and others.
9. Choose love.

## YOUR OWN THOUGHTS ON THIS TOPIC

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