

31 Days of Joy

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| 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 | | |