

# FIND A JOY BUDDY

A **Joy Buddy** is someone who is  
a resilience buddy;  
an accountability buddy;  
a gratitude buddy;  
a stress buster buddy;  
an immune booster buddy;  
an essence finding buddy;  
a buddy for working **ON** your life and not just **IN** your life.

Your mission should you choose to accept it...  
is to find two Joy Buddies and connect  
(preferably in some way where you see their face)  
with both of them every 2 weeks at this stage!

Or more often if you like.

The minimum is once a month.

In the past people gasped and said -  
'we don't have time for that!'

**Now you do!**

Each week talk about one of these posts or  
some aspect of your life that  
you would like to explore or change,  
and importantly, how you are **feeling**.

Discuss **what** you commit to do  
and **how** you are going to do it  
and **what story** you will choose to tell yourself.

The next week,  
**support and hold each other accountable**  
**for what each of you committed to do.**