



JOYFULNESS MEANS THAT YOU CHOOSE TO HAVE A GOOD ATTITUDE, EVEN WHEN FACING HARD TIMES

Write down three ways in which you chose to be joyful, even when you were facing a bad or hard situation; first, at the studio, then, at school or work, and finally, at home:

At the studio: _____

At school or work: _____

At home: _____

Describe the difference(s) between happiness and joyfulness?

How are your actions affected by your attitude when you choose to be joyful?

List five things you can be joyful about:

1. _____

2. _____

3. _____

4. _____

5. _____



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ORANGE BELT
WORKSHEET

“Do not sorrow, for the joy of the Lord
is your strength.” - Nehemiah 8:10b

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