



| Bend JOY Project |

COMMUNITY CHALLENGE

ALL-AGES & FREE

10 DAYS OF JOY

Small yet meaningful moments of JOY can change the world. For the next 10 days, choose one act centered around a daily theme. Gather, discuss, dream, do. Plan out each day with your friends or family and let your JOY flag fly. If you get stuck, we've offered up a few ideas to inspire your adventure.

○ **DAY ONE: FAMILY**

A family is a group of people who dream, laugh, play and love together. They are the people in your life who want you in theirs, however that looks and feels. Do one thing today that will make your family even more awesome. Put phones and computers away and watch a movie. Unload the dishwasher, fold the laundry & set the table (even if it isn't your turn).

TODAY'S ACT OF JOY _____

○ **DAY TWO: FRIENDS**

Friends are the people who make us smile brighter, laugh louder and live better. Real friendship is the combination of a million little things that add up to one big truth: friends are the bacon bits in the salad bowl of life. Do one thing today that honors a friend. Write a heartfelt note and send it snail mail. Introduce yourself to one new person (because we could all use more friends on the JOY journey).

TODAY'S ACT OF JOY _____

○ **DAY THREE: COMMUNITY**

Community not about perfect people. It's about creating a sense of belonging and building each other up. Do one thing today that will inspire your community. Remember, every small act of kindness can make a profound difference in someone else's life. Write a thank you note to your mail carrier, garbage collector or other public servants. Leave a positive online review for a local business that rocked your socks off.

TODAY'S ACT OF JOY _____

○ DAY FOUR: ANIMALS

Animals are masters of finding JOY in the ordinary. They make us better humans by expanding our hearts. Do one thing today to celebrate the animals you love. Make your own seed mix and feed the birds in your neighborhood. (look online to determine if the products you use are animal-friendly and find alternatives.) Play an extra-long game of fetch with your four-legged buddy.

TODAY'S ACT OF JOY _____

○ DAY FIVE: NATURE

Nature never fails us. We receive far more than we seek when we study nature, love nature and stay close to nature. How can you show your gratitude towards Mother Earth today? Write a pledge that begins "I can help save the Earth by..." Post it where you can see it every day. Turn off the water while brushing your teeth or commit to using reusable drinkware. Eliminate single use water bottles.

TODAY'S ACT OF JOY _____

○ DAY SIX: FOOD

James Beard famously said, "Food is our common ground, a universal experience." It has the power to bring people together and transport us to other places. Do one thing today that centers around good food. Buy exotic fruit from the market and learn about it before you eat it. Organize your pantry (go ahead, toss those old cans of pickled beets) and make it easier to find your favorite foods. Invite friends over for dinner.

TODAY'S ACT OF JOY _____

○ DAY SEVEN: MUSIC

Music can lift spirits, heal hearts and clear heads. Turn up the volume, close your eyes and let the music take over. Do one thing today that sparks a greater appreciation for music. Listen to a song from three different genres you wouldn't normally listen to. Commit to learning an instrument. Create a mix with friends or family where everyone contributes their favorite song. Don't forget the cover art!

TODAY'S ACT OF JOY _____

○ DAY EIGHT: EDUCATION

The world is your school and every day is a chance to learn something new. Follow your curiosity whenever possible. What do you want to learn today? Who are the teachers that have made a significant difference in your life? Leave a surprise treat for someone who has taught you something invaluable. Open a library card. If you already have a card, check out a book on a topic you know nothing about.

TODAY'S ACT OF JOY _____

○ DAY NINE: SELF-CARE

The most important relationship you have is the one with yourself. How can you treat yourself with more kindness and respect? Do one thing today that recharges your batteries and replenishes your spirit. Meditate in the morning for five minutes. Write your own mantra. ("I choose kind over cool. I am enough. Everything I need is within me. Dang, I'm awesome.") Memorize it and repeat it to yourself throughout the day.

TODAY'S ACT OF JOY _____

○ DAY TEN: COMPASSION

Thich Nhat Hanh, the Vietnamese Zen monk, once said that "compassion is a verb." When we help others become the greatest, truest versions of themselves, we also transform ourselves. How can you show fierce compassion to the world today? Try not to interrupt people for an entire day. Go and love someone exactly as they are. Write a letter to yourself about a mistake you made and ask yourself for forgiveness.

TODAY'S ACT OF JOY _____

Congratulations on showing up for JOY over the past 10 days.

Your actions matter and the our corner of the world is a better place because you're in it.

We hope you continue the movement towards more positivity and kindness.

Because if there's one thing we know for sure, it's that JOY is everywhere.

Don't forget to tag your 10 Days of JOY adventures on Facebook, Instagram or Twitter:

@bendJOYproject #bendJOYproject #10daysofJOY