



Soul Notes

QUIET TOOLS FOR LOUD EMOTIONS

7-DAY SMALL JOYS TRACKER

Noticing Light, Even In Hard Seasons



Gratitude in Hard Seasons



HOW TO USE YOUR SMALL JOYS TRACKER



Welcome to your 7-Day Joy Tracker. This week is a dedicated invitation to turn your attention toward the moments of happiness and victory that fills your days, both big and small. True, sustainable happiness is often built from small, conscious choices and acknowledgments we make each day

This tracker is designed to help cultivate that awareness. By reflecting on three simple questions daily, you train your heart and mind to notice and appreciate the good that is already present.

- **Reflect Each Evening:** Find a quiet moment at the end of your day to gently reflect on three daily reflective questions.
- **Be Honest and Kind:** There is not right or wrong answer. Some days, happiness comes easily; other days, you work for it. Both are valid and worthy of note.
- **Celebrate the Small:** A “small victory” can be anything from completing a task to practicing patience. Acknowledge it fully.
- **Savor the Joy:** Listing four things invites you to look beyond the obvious and find joy in the simple, often overlooked moments.
- **Complete the Weekly Reflection:** At the week’s end, engage with the “Weekly Reflections of Joy” questions to consolidate your insights and appreciate your journey.

As you complete this seven-day journey, take a moment to acknowledge the patterns you’ve discovered. This practice of seeking joy is a skill you can carry with you long after this weeks end.

Remember, joy is not about ignoring life’s challenges, but about balancing them with a conscious appreciation for the light. May this week help you find more of that light.



Gratitude in Hard Seasons

SMALL JOYS GRATITUDE TRACKER

DAY 1

Today's Date _____



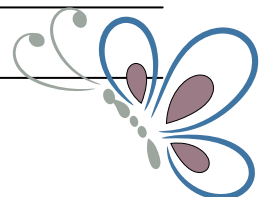
Did you wake up happy today or did you have to work for it?

What small victory can you celebrate today?

What four things brought you the most joy today?

- _____
- _____
- _____
- _____

Tiny joys remind us light still exists - even here.



SMALL JOYS GRATITUDE TRACKER

DAY 2



Today's Date _____

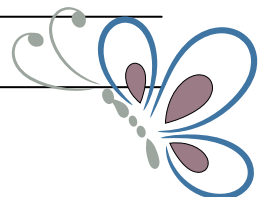
Did you wake up happy today or did you have to work for it?

What small victory can you celebrate today?

What four things brought you the most joy today?

- _____
- _____
- _____
- _____

Life is not about finding yourself. It's about creating yourself.



SMALL JOYS GRATITUDE TRACKER

DAY 3

Today's Date _____

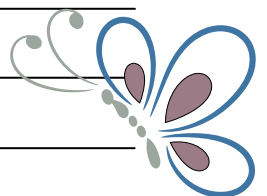


Did you wake up happy today or did you have to work for it?

What small victory can you celebrate today?

What four things brought you the most joy today?

- _____
- _____
- _____
- _____



In the middle of difficulty lies opportunity.

SMALL JOYS GRATITUDE TRACKER

DAY 4



Today's Date _____

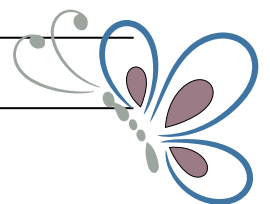
Did you wake up happy today or did you have to work for it?

What small victory can you celebrate today?

What four things brought you the most joy today?

- _____
- _____
- _____
- _____

Your life becomes a masterpiece when you learn to master peace.



SMALL JOYS GRATITUDE TRACKER

DAY 5

Today's Date _____

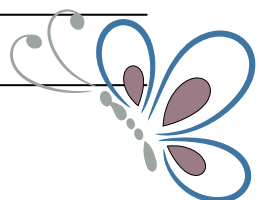
Did you wake up happy today or did you have to work for it?

What small victory can you celebrate today?

What four things brought you the most joy today?

- _____
- _____
- _____
- _____

Happiness is not something ready-made. It comes from your own actions.



SMALL JOYS GRATITUDE TRACKER

DAY 6



Today's Date _____

Did you wake up happy today or did you have to work for it?

What small victory can you celebrate today?

What four things brought you the most joy today?

- _____
- _____
- _____
- _____

Every moment is a fresh beginning



SMALL JOYS GRATITUDE TRACKER

DAY 7

Today's Date _____

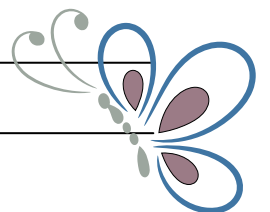


Did you wake up happy today or did you have to work for it?

What small victory can you celebrate today?

What four things brought you the most joy today?

- _____
- _____
- _____
- _____



Make time for the things that bring you joy

WEEKLY REFLECTION OF JOY

DATE: _____

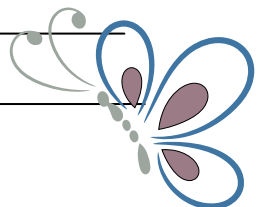
List three good things that happened this week?

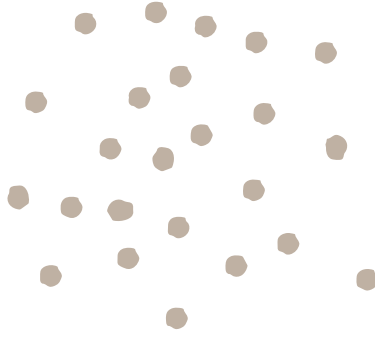
How did you spread joy and happiness this week?

What small joys did you experience this week you want to experience more often?

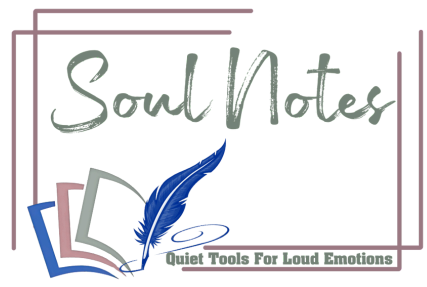
- _____
- _____
- _____
- _____

The best ways to find joy is to give it to others.





Hi, I'm Lisa - the heart behind Soul Notes. I created this tracker because for most of my life, I've struggled to rest, say no, or give myself permission to pause. As someone who's spent years feeling unseen and unheard, I became a master at holding it all together - but I also became exhausted. It's taken time (and God's quiet reminders) to learn that rest isn't weakness - it's how we stay whole. My hope is that my Soul Notes Collections creates space for you to exhale, slow down, and remember you are seen, you are worthy, and God is a safe place to land.



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