

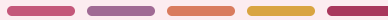
Pretty Sisters

EVIDENCE THAT YOUR LIFE IS ALREADY GOOD IN PLACES

The Joy Proof File

*Three small joys a day, written down, because joy that goes
unnamed does not count for anything.*

A thirty-day tracker, weekly reflection pages, a “what joy taught me
this week” page, and thirty prompts for the nights when you cannot
think of anything.



WHY A FILE, NOT A FEELING

Joy is a lifestyle, not a reward

Most women are not short on joyful moments. They are short on noticing, and noticing is a skill you can practice on paper in ninety seconds a night.

Here is the thing about writing it down: it changes what you look for during the day. Once you know you owe the page three things at bedtime, some part of you starts collecting them at two in the afternoon. That is the whole mechanism, and it works even on the weeks you feel flat.

SMALL COUNTS DOUBLE

The right size is “the first sip,” “that song in the car,” “she texted back.” Big joys are rare. Small joys are Tuesday.

SPECIFIC BEATS GRATEFUL

Not “my family.” Write “the way he laughed at his own joke.” Specific is what you can still feel a year later.

HARD DAYS STILL COUNT

This is not toxic positivity. You can have a terrible week and still find three. Both things are allowed to be true.

How to use it

- **Same time every night.** Beside the bed, before the phone. Ninety seconds.
- **Three, not ten.** Three is achievable on a bad night, and achievable is what makes it last.
- **Sunday is different.** Fill in the weekly reflection instead of, or as well as, the three.
- **Do not reread it for a month.** Then read the whole thing in one sitting. That is the payoff.

DO IT WITH SOMEONE

Start a group text with two or three women and send your three every night. It takes fifteen seconds, it keeps the habit alive, and it slowly turns into the most encouraging thread on your phone.

Gentle note: Think Pretty resources offer encouragement and reflection, not therapy, medical advice, or crisis care. If you are in crisis or immediate danger, contact your local emergency number or a licensed professional. In the U.S., call or text 988.

DAYS 1 TO 14

The daily tracker

Three small joys, every night. Two or three words each is plenty.

WEEK 1

DAY	JOY ONE	JOY TWO	JOY THREE
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

WEEK 2

DAY	JOY ONE	JOY TWO	JOY THREE
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

DAYS 15 TO 30

The daily tracker

Past the part where it feels like homework. Keep going.

WEEK 3

DAY	JOY ONE	JOY TWO	JOY THREE
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

WEEK 4

DAY	JOY ONE	JOY TWO	JOY THREE
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			
29–30			

SUNDAY, OR WHENEVER YOUR WEEK ENDS

Weekly reflection

Ten minutes. Photocopy this page four times, or print one for each week of the month.

Week of _____ How this week felt, one to ten: _____

THE BEST THREE MINUTES OF THE WEEK

WHO MADE ME LAUGH

A JOY I ALMOST MISSED

WHAT JOY TAUGHT ME THIS WEEK

Not what I am grateful for — what I learned. Where joy showed up, who it came through, and what that tells me about how to build next week.

ONE JOY I AM SCHEDULING NEXT WEEK

On the calendar, like an appointment with someone I respect.

ONE JOY I AM GIVING AWAY

Something joyful I can hand to another woman this week.

FOR THE NIGHTS YOU CANNOT THINK OF ANYTHING

Thirty prompts

Not a checklist. A nudge for the nights when the page is blank and you are tired.

- | | |
|--|---|
| 1. The first sip of something warm | 16. A conversation that went better than you feared |
| 2. A song that got you through the drive | 17. Your body doing something well |
| 3. Something small that worked on the first try | 18. A place in your house you like sitting |
| 4. A text you were glad to get | 19. Something that made you cry in the good way |
| 5. Somebody laughing at your joke | 20. A dumb thing that made you laugh out loud |
| 6. Weather you actually noticed | 21. Someone remembering something you said |
| 7. A meal that tasted better than expected | 22. Getting into bed |
| 8. Something clean you did not have to clean | 23. A hard thing being over |
| 9. A compliment you got and believed | 24. Someone saying yes |
| 10. A compliment you gave | 25. A window, a view, a light |
| 11. Ten minutes nobody needed anything from you | 26. A kid or an animal doing something absurd |
| 12. Something that smelled good | 27. An unexpected quiet moment |
| 13. A small thing you finished | 28. Being on time for once |
| 14. Somebody being unexpectedly kind to a stranger | 29. A book, a show, an episode |
| 15. An old photo you found | 30. Somebody choosing to sit next to you |

After thirty days

READ THE WHOLE FILE IN ONE SITTING

What surprised me:

THE PATTERN

Where my joy keeps coming from:

WHAT TO DO WITH WHAT YOU FOUND

Whatever showed up most often in thirty days is not a coincidence — it is information about how you are built. Put more of it on the calendar on purpose.

*Joy is not waiting at the finish line.
It is already here, and you are looking for it now.*