

# Do the New You



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# Part 5: My Joy is My Job

## Action Step: Own Your Own Emotions

"This is the day the Lord has made! We will rejoice and be glad in it!" (Psalm 118:24)

It's nobody else's job to make you happy. Your spouse doesn't have that obligation. Or your kids. Or your boss. They can be there for you, but they can't shoulder the weight of your happiness. They would suffocate under that kind of expectation, because your joy isn't within their jurisdiction. Only you can answer for your attitude.

**Don't let anybody** \_\_\_\_\_

Nobody can steal your joy unless you let them.

"Peace I leave with you; My peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid." (John 14:27)

"You will grieve, but your grief will turn to joy ... I will see you again and you will rejoice, and no one will take away your joy." (John 16:20, 22)

A grateful heart is a \_\_\_\_\_ heart.

You don't have to trust in luck. You trust in a God who is present in your life and has good plans for your future.

"For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you a future and a hope." (Jeremiah 29:11)

"All things work together for good for those who love God." (Romans 8:28)

- **First Strategy: Fill your mind with GR8FUL thoughts.**

Do the GR8FUL 8 Hand Exercise

- **Second Strategy: Focus on the big picture, not the small annoyances.**

If I lost what I love the most,  
what would I give to have it back?