



10 Ways to Choose to Live Your Life Joyfully By the Diocesan Youth Council

- 1. Acceptance of yourself and others:**
 - Being free to be yourself
 - Making others feel comfortable
- 2. Building positive relationships**
- 3. Recognising the beauty of God's creation**
- 4. Appreciating your achievements**
- 5. Giving encouragement to those around you**
- 6. Selfless Time:**
 - Taking time for yourself
 - Making time to listen to others
 - Making time to share your thoughts and feelings
- 7. Living in the present moment**
- 8. Honesty**
- 9. Giving:**
 - Time
 - Money
 - Yourself
- 10. Love in every sense**