joyjar.app

Twenty questions for the jar, ten on this page and ten on the next. Cut them out and drop them in, and pull one out on a day when nothing comes to mind.

The jar on your phone:
JoyJar for iPhone and Android



What made you laugh today?

What was the best thing you saw today?

What went better than you expected?

What did you eat that you would eat again tomorrow?

What would you like to remember about today?

What was the best ten minutes of the day?

What did you get done today?

What is over now that you were dreading?

Something that was hard, and turned out all right.

What were you glad to come home to?

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Ten more questions for the jar.

What made you laugh this week?

What was the best thing you ate this week?

What did you learn to do this month?

What did you see this week that you want to tell us about?

What did we do together that you want to do again?

A day this year you would live again.

What made you laugh the most this year?

What did you do this year for the first time?

Where did you go this year that you would go back to?

What did you finish this year?