

Jolts of Joy Challenge

Be the first person in your community to Jolt each of the 10 BIG positive emotions for another person. Each time you serve as a Jolt of Joy for another, have them sign off on your Jolts of Joy Challenge sheet and jot a note about what you did to help them experience a specific emotion...

Joyful	AWE
LOVE	GRATITUDE
Hope	INTEREST
AMUSEMENT	PRIDE
Serenity	Excitement