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# Joy *Journal*

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# Joy *Journal*

By

Irene Banks  
Debbie Dunn

Greg Banks  
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## *Dedication*

### Lakota Instructions for Living



Do it this way — that whatever you do in life  
do the very best you can with both your heart and mind.  
If you do it that way, the Powers of the Universe will  
come to your assistance  
if your heart and mind are in unity.  
When one sits in the Hoop of the People,  
one must be responsible because  
All of Creation is Related.  
And the hurt of one is the hurt of all  
And the honor of one is the honor of all.  
And whatever we do affects everything in the universe  
If you do it that way — that is, you truly join your heart  
and mind — whatever you ask for  
that's the way it is going to be.

*~ passed down from the sacred  
White Buffalo Calf Woman ~*



## Live consciously aware of all living things

When the cedar trees start dying  
and the fir can't hold their own,  
Will there be any forests standing  
when our children's children are grown?

Will we listen, will we care?  
Will we simply shrug it off, do we really dare?  
Will we say it's not my problem  
when the land lays dead and bare?

Something's missing in our thinking,  
believing there's nothing we can do.  
We can recycle this, recycle that,  
even recycle an old shoe.

Recycle, reuse, refurbish, repair, rebuild, respect,  
acknowledge the earth's resources with conscious circumspect.  
Life swung way out of balance with gluttony and greed.  
We took and took and rarely thought of Mother Earth's great need.

Some folks yelled and hollered and protested for change,  
*Replant the logged off forests, protect our waterways.*

For when the cedar trees start dying and the fir can't hold their own,  
What will be here for the children when the next generation's grown?

**We don't have to heal the Earth; she can heal herself.  
All we have to do is stop making her sick.**

~ Wallace Black Elk ~



## Preface

*T*his journal presents simple questions and open-ended statements which encourage you explore your life ~ right **NOW**.

A page title may provoke immediate thoughts like  
“I don’t want to do that one,” or  
“This one’s too easy,” or “This one’s too hard.”

Those are probably the ones to do first.  
Those are the ones calling you to tell yourself the truth.

As you write or list your answers and feelings,  
consider that your first response may be noble,  
and the third may approach your truth.

Trust that you know yourself better than anyone,  
that you are on a safe journey to learn more about yourself.

Allow yourself time to examine how you spend your ordinary moments.  
Then, consider the sand in your hourglass.

*Only you can spend your sand.*







## And the winner is ...

Y

ou! It's your reality show!

You made the rules, you set the stage, you picked the competitors and you determined the level of risk. You determined immunity and you are your own jury with the final vote. You change the game's parameters and levels of difficulty to get the adrenaline charge you require.

You might begin to prefer your pseudo-reality game to your true reality. The game becomes like a drug or stimulant, falsely creating an enriched experience.

Time out!

**Consider taking on your greatest fears as your ultimate challenger.** Life is the most demanding game you might ever play. Live with your battery fully charged, always engaged.

There are two things to aim at in life;  
first to get what you want, and after that to enjoy it.  
Only the wisest of mankind has achieved the second.

~ Logan Pearsall Smith ~



## To-do list:

- Wake up.
- Let go and live.
- Live fully conscious.
- Be here **NOW**.
- Be grateful.
- Be generous.
- Be quiet.
- Be respectful.
- Be healthy.
- Be honest.

*Teach the next generation that their sand matters.*



When was the last time you did something for the first time?

~ Sally Edwards ~

## Someday, NOW.

You said we could write letters,  
I said that would be fine.

I wrote.  
You didn't.

You said we could meet halfway,  
I said that would be fine.

I was there.  
You weren't.

You said could I call you,  
I said that would be fine.

I waited.  
You never called.

I'm such a fool, I thought,  
Pining away with wishes and hopes.  
I bought the fantasy, I thought,  
The flowery words and smooth talk.

Enough is enough, I thought,  
I'll not use another moment wishing or hoping,  
Waiting for someday, when ...

My life matters now, I thought,  
And everyday I make it so.



**Self-trust is the first secret of success.**

*~ Ralph Waldo Emerson ~*



You wake up,  
you get up.

You go about your business  
all day,  
every day,  
day in,  
day out.

**Stop.**

Give yourself some time that's all yours.  
Alone.  
Quiet.  
Personal.

You already know how important it is  
to take care of yourself.

Do it.

Every day for 30, 60, 90 ... days.

Joy happens when your thoughts  
are aligned with your feelings.

Start Here.  
Start **NOW**.  
Start with Gratitude.

***Your Sand Matters.***

**Joy is something entirely different from pleasure.**

*~ Krishnamurti ~*

I wake up,  
I get up.

I go about my business  
all day,  
every day,  
day in,  
day out.

**I'm stopping.**

I'm giving myself some time that's all mine.  
Alone.  
Quiet.  
Personal.

I know how important it is to  
take care of myself.

I'm doing it.

Every day for 30, 60, 90 ... days.

Joy happens when my thoughts  
are aligned with my feelings.

I'm Starting Here.  
I'm Starting **NOW**.  
I'll start with Gratitude.

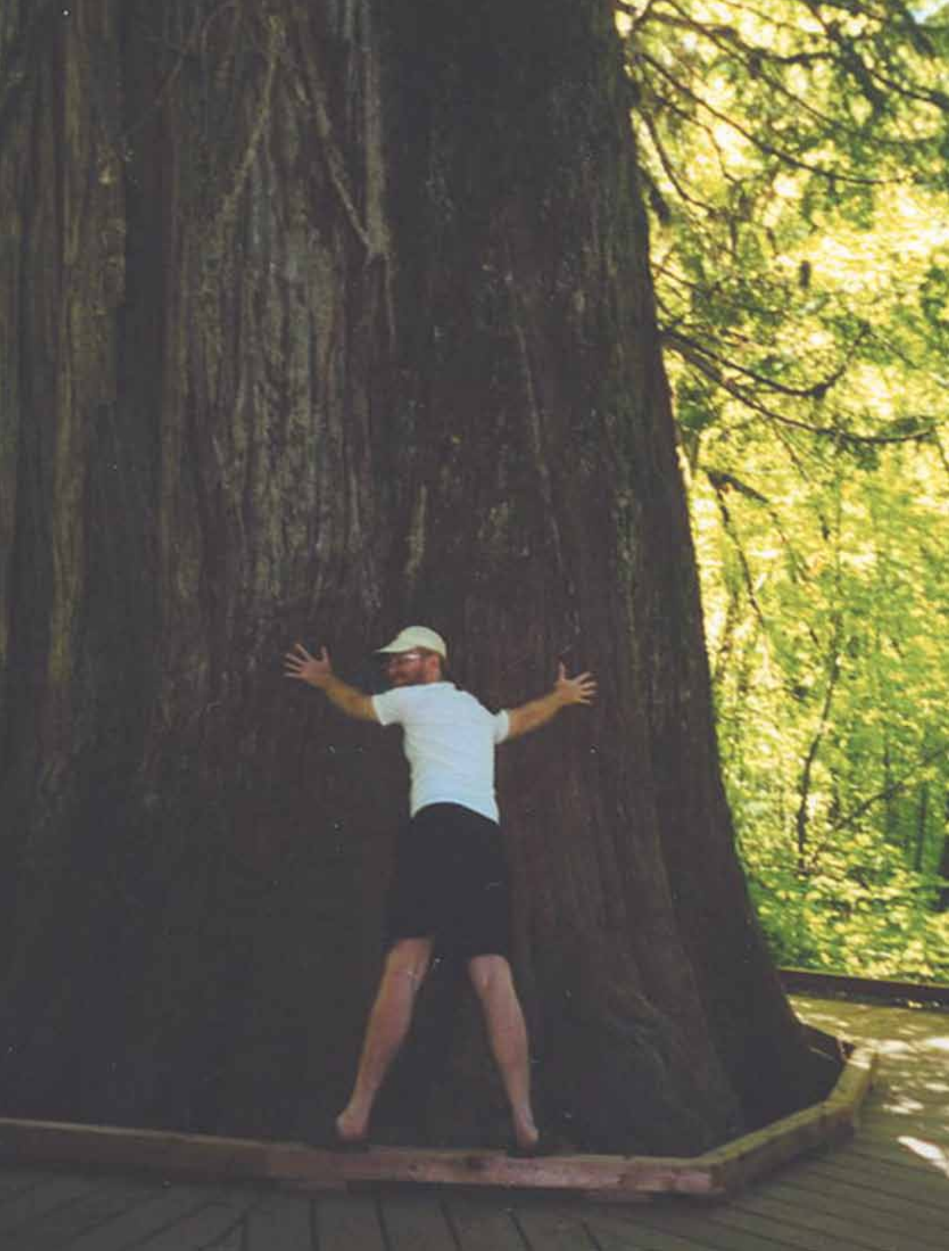
***My Sand Matters.***



**It is only possible to live happily ever after on a day-to-day basis.**

*~ Margaret Bonnano ~*







It's About Time *My* Sand Matters.

# THIS IS *My* JOY JOURNAL

## I am grateful for:

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[illegible]

The miracle is not to fly in the air,  
or to walk on the water, but to walk on the earth.

~ Chinese proverb ~



My attributes include:

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When you begin to touch your heart or let your heart be touched, you begin to discover that it's bottomless, that it doesn't have any resolution, that this heart is huge, vast and limitless. You begin to discover how much warmth and gentleness there is, as well as how much space.

~ Pema Chodron ~

## My hobbies include:

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This image shows a full page of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Time is like a handful of sand ~  
the tighter you grasp it, the faster it runs through your fingers.

~ Author unknown ~



I dream of being:

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[illegible]

He is able who thinks he is able.

~ Buddha ~

I dream of doing:



I never see what has been done; I only  
see what remains to be done.

~ Buddha ~



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[illegible]

Your work is to discover your world and then  
with all your heart give yourself to it.

~ Buddha ~



My thoughts for today:



Plenty of people miss their share of happiness  
not because they never found it, but  
because they didn't stop to enjoy it.

~ William Feather ~



## Is joy overrated?

Everyone's talking about living life with joy and happiness, from the best-sellers, to talk show hosts, preachers, teachers, yoga instructors, and Walmart check-out clerks. One might even be able to measure social evolution by the bandwagons we ride.

A decade or more ago we corrected our course from the pursuit of perfection to the pursuit of excellence. That done, we looked inward for continued personal transformation and discovered the trinity of self-empowerment: peace, joy and harmony.

While we valiantly pursue inner tranquility, we're also working madly to keep up with the Joneses. Through this living dichotomy, we might actually learn that money doesn't buy happiness. Adversity teaches the humility of peace, joy and harmony. When I was younger, I was taught to look for the 'silver lining' or the 'magic chuckle' when misfortune happened.

Can I access a 'magic chuckle' when my outbound flight is delayed three hours, my connecting flight leaves without me, the next flight with an available seat is 20 hours away, the airline loses my luggage, the local hotels are full, the rental car agencies are closed, my laptop battery is dead, and it's 1:45a.m.?

Can I laugh while outrageous events test my faith in joy? Give me a minute...

Living in joy, choosing to respond in joy, leading by example in joy, takes daily practice. No one ever masters a new behavior or skill in one attempt. I believe the trinity of self-empowerment: joy, peace and harmony — fuels much of the spiritual growth of this millennium. From the core of these values spring compassion and unity.

**Joy is not over rated. It is undervalued and too easily dismissed.**

Joy is my secret tool of intention.



**Joy is a net of love by which you can catch souls.**

*~ Mother Teresa ~*

Buy a book and give a book that's intended to be read and used repeatedly. Joy Journal helps define and identify how you bring joy into your life. Imagine your life represented by an hourglass: the falling sand is what you're experiencing right now. At any moment, you have time for joy. Does what you're doing right now bring you joy? Use the journal to clarify how you spend the sand in your hourglass.

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