



40 DAYS OF JOY PLAYBOOK

WORKSHEETS

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Find Your Game Worksheet

Talents

Interests



Find Your Game Worksheet

Needs of Others



Flying V Tracker

VIRTUE/VICE	S	M	T	W	T	F	S	TOTAL
Humility v	+	+	+	+	+	+	+	+
Pride	-	-	-	-	-	-	-	-
Patience v	+	+	+	+	+	+	+	+
Wrath	-	-	-	-	-	-	-	-
Temperance v	+	+	+	+	+	+	+	+
Gluttony	-	-	-	-	-	-	-	-
Charity v	+	+	+	+	+	+	+	+
Greed	-	-	-	-	-	-	-	-
Diligence v	+	+	+	+	+	+	+	+
Sloth	-	-	-	-	-	-	-	-
Kindness v	+	+	+	+	+	+	+	+
Envy	-	-	-	-	-	-	-	-
Chastity v	+	+	+	+	+	+	+	+
Lust	-	-	-	-	-	-	-	-
NET SCORES								

**SCORE
FOR THE
WEEK**



Play Day Checklist

CATEGORY/EXAMPLES	PLAY DAY ACTION PLAN	COMPLETED
P PONDER/PRAY <ul style="list-style-type: none">• Time-Out• Think• Ideas• Journal• Plan		<input type="checkbox"/>
L LEARN <ul style="list-style-type: none">• Get Better• Something New• Read• Watch• Research		<input type="checkbox"/>
A ACT (TAKE ACTION) <ul style="list-style-type: none">• Provide Value• Help/Serve Others• WIN the Day• Do It Now!• To Do List• Not To Do List		<input type="checkbox"/>
Y YOUTHIFY <ul style="list-style-type: none">• Drink Water• Exercise• Do Something Fun• Eat Healthy• Smile/Laugh• Connect with Friends• Go Outside• Brush and Floss• Rest/Nap/Sleep		<input type="checkbox"/>

DAILY/WEEKLY REVIEW

CONTINUE	
STOP	
START	



Defeat Your Bully Worksheet

Regrets



Defeat Your Bully Worksheet

Worries



Defeat Your Bully Worksheet

Lessons Learned



Defeat Your Bully Worksheet

Mitigation Strategies