

JOYFULNESS

**CHARACTER
COUNTS**



JOYFULNESS MEANS THAT YOU CHOOSE TO HAVE A GOOD ATTITUDE, EVEN WHEN FACING HARD TIMES.

Write down three ways in which you chose to be joyful, even when you were facing a bad or hard situation; first, at Krav Maga, then, at school, and finally, at home:

At Krav Maga: _____

At school : _____

At home: _____

Describe the difference(s) between happiness and joyfulness?

How are your actions affected by your attitude when you choose to be joyful?



List five things you can be joyful about:

1. _____
2. _____
3. _____
4. _____
5. _____

"Do not sorrow, for the joy of the Lord is your strength." - Nehemiah 8:10b

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