

THE MIND PROJECT

30-Day Joy & Microshift Tracker

NAME

START DATE

Each day, record one microshift and one joyful activity. Reflect at the end of each week. It doesn't have to be perfect, just show up.

Why small actions matter

A microshift is one small, intentional act taken during a moment of stress or low motivation. Over time, these build momentum, restore confidence, and create real change. Joy works the same way. Research shows positive emotions build resilience and help your brain heal.

Behavioral Activation

Action creates motivation.

Self-Efficacy

Small wins help rebuild your belief in yourself.

Joy as Medicine

Positive emotions build resilience from the inside out.

Day 1

My microshift today

One joyful activity

How did it feel?

Day 2

My microshift today

One joyful activity

How did it feel?

Day 3

My microshift today

One joyful activity

How did it feel?

Day 4

My microshift today

One joyful activity

How did it feel?

Day 5

My microshift today

One joyful activity

How did it feel?

Day 6

My microshift today

One joyful activity

How did it feel?

Day 7

My microshift today

One joyful activity

How did it feel?

Week 1 Reflection

1. What microshift was easiest to do this week?

2. What joyful activity made the biggest difference?

3. What was the hardest and what got you through it?

4. Mood score 1-10 vs last week – what made the difference?

5. One intention I am setting for next week

Day 8

My microshift today

One joyful activity

How did it feel?

Day 9

My microshift today

One joyful activity

How did it feel?

Day 10

My microshift today

One joyful activity

How did it feel?

Day 11

My microshift today

One joyful activity

How did it feel?

Day 12

My microshift today

One joyful activity

How did it feel?

Day 13

My microshift today

One joyful activity

How did it feel?

Day 14

My microshift today

One joyful activity

How did it feel?

Week 2 Reflection

1. What microshift was easiest to do this week?

2. What joyful activity made the biggest difference?

3. What was the hardest and what got you through it?

4. Mood score 1-10 vs last week – what made the difference?

5. One intention I am setting for next week

Day 15

My microshift today

One joyful activity

How did it feel?

Day 16

My microshift today

One joyful activity

How did it feel?

Day 17

My microshift today

One joyful activity

How did it feel?

Day 18

My microshift today

One joyful activity

How did it feel?

Day 19

My microshift today

One joyful activity

How did it feel?

Day 20

My microshift today

One joyful activity

How did it feel?

Day 21

My microshift today

One joyful activity

How did it feel?

Day 22

My microshift today

One joyful activity

How did it feel?

Week 3 Reflection

1. What microshift was easiest to do this week?

2. What joyful activity made the biggest difference?

3. What was the hardest and what got you through it?

4. Mood score 1-10 vs last week – what made the difference?

5. One intention I am setting for next week

Day 23

My microshift today

One joyful activity

How did it feel?

Day 24

My microshift today

One joyful activity

How did it feel?

Day 25

My microshift today

One joyful activity

How did it feel?

Day 26

My microshift today

One joyful activity

How did it feel?

Day 27

My microshift today

One joyful activity

How did it feel?

Day 28

My microshift today

One joyful activity

How did it feel?

Day 29

My microshift today

One joyful activity

How did it feel?

Day 30

My microshift today

One joyful activity

How did it feel?

Week 4 Reflection

1. What microshift was easiest to do this week?

2. What joyful activity made the biggest difference?

3. What was the hardest and what got you through it?

4. Mood score 1-10 vs last week – what made the difference?

5. One intention I am setting for next week

You made it.

1. Looking back at Day 1, how do you feel different?

2. What microshift surprised you the most?

3. What joyful activity do you want to keep making time for?

4. What did this month teach you about yourself?

5. One thing I want to carry forward
