# SEARCHING FOR JOY WITH A FINE-TOOTHED COMB

***Big moments spark joy. Small moments sustain joy.***

**Fireworks are beautiful, but you can't live on them.** The small moments are your oxygen. This week, pick **one** practice below and try it. You don't have to overhaul your life. You just have to look a little closer.

### ☐ ASK: Catch the Why

At the end of your week, ask: **"What reminded me why I do this?"** Write down one sentence. Not what you accomplished, and not whether the case went your way. Just what reminded you why.

### ☐ TELL: Say More Than "Fine"

Once a week, tell someone a little more truth than "I'm fine." You were never meant to advocate alone. Let someone slide over for you.

### ☐ NOTICE: Name Someone's Small Win

When you see someone doing hard things well, say it out loud. People need encouragement *between* big wins. Don't assume they know.

### ☐ COLLECT: Build an Evidence File

Start a note in your phone called **"Evidence of Joy."** Save the tiny things: a laugh, a returned call, a child who remembered. On the hard days, it will remind you that everything is not *only* hard.

### ☐ AND: Hold Two Truths

Swap "but" for "and." *"I love this work, **and** I'm exhausted."* "But" makes you choose. "And" lets you tell the truth.

**REMEMBER: You are responsible for your advocacy. You are not responsible for controlling the outcome.**

### MY FIND FROM THIS WEEK

*The small moment of joy I almost missed.*

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***Love leaves evidence. Search for joy with a fine-toothed comb.***

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