



*What Makes
My Heart Sing?*



JOY FINDING WORKBOOK

Introduction

We're all so busy these days. Our minds are full and our hearts are often heavy. Joy and happiness can seem far away. But with a little bit of thought and reflection, happiness can be closer than you think...



All too often we automatically choose pleasure instead of activities that promote joy or happiness. We order take-out, get ice cream, eat chips or pour a glass of wine. Maybe we plan a vacation or visit the spa. Perhaps we shop or binge-watch a show. These are all “quick” fixes for our anxious, overwhelmed and stressed-out minds and bodies.

And don't get me wrong, pleasure is wonderful and important. But there are some things we need to know about pleasure 'v' joy and happiness. For example:

- Pleasure ends when the experience ends—the meal, the purchase, the glass of wine. Whereas joy and happiness linger, staying with us long after.
- We consume pleasure and it makes us greedy for more. Whereas joy and happiness arise naturally, bringing a sense of calm—and enoughness.
- Pleasure comes from outside of us (think food, shopping, experiences), whereas joy and happiness come from within—from feeling connected and relating to ourselves and others.
- Pleasure usually costs us, whereas joy and happiness, well, we're going to come to that in a moment...

The challenge we all have in modern life is that when we're stressed and overwhelmed it's so easy to choose pleasure without thinking. But there are other choices we can make that feel better, lighter and more fulfilling... And that's what we're going to explore in this workbook.

You deserve pleasure. But you also deserve so much more—you deserve joy and happiness. And it might just be easier than you think. Are you ready to begin?

Time to turn over and discover what makes your heart sing!

Love

Emma-Louise x

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Background: The inquiry below is a powerful exercise to help you find more happiness—where you are. Follow the instructions below to identify what truly gives you joy in life, then answer the reflective questions overleaf before choosing 3 actions to bring more authentic joy and happiness into your life.

INSTRUCTIONS:

- Give yourself 15 minutes of quiet time. Then, just for a moment, imagine you're blissfully happy: light and free of all cares and worry. You can't help but smile, and feel relaxed and at peace with yourself and the world. You've slowed way down, feel a glow from within—and a spaciousness in your heart.
- Now write your top 10 joys in life in the spaces below, then answer the questions overleaf.
- Finally, feel free to add extra things to your list that come up in the days and weeks ahead.



HELPFUL NOTES:

- Don't analyze, just write! If your answers seem overly simple, this is a good sign.
- Think back to your childhood. What were you doing when you were most happy?
- It may help to consider your 5 senses: sight, hearing, touch/feeling, smell and taste.
- Examples could include watching children or dogs playing, hiking a mountain, cooking, watching the world go from your window, quality time connecting or helping a friend, telling someone you love them, fresh sheets on the bed or something completely different. Whatever they are, they'll be unique to you.



What are my Top 10 Joys in Life? What Makes My Heart Sing?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

There are 3 important "Connections" we need to be happy in life:

1. **Connection to ourselves:** Your heart sings *because* you have deeply connected to YOU!
2. **Connection to others:** Quality time and deep connection with people—especially those who matter most to you—uplifts your spirit and makes your heart sing.
3. **Connection to something bigger** than ourselves: Sometimes what *makes* your heart sing is feeling awe and wonder: the realisation that we're just a small part of something much, much bigger.



Reflection Questions

How do you feel as you look at your list? _____

What do you notice as you review your list? _____

What do the things on your list have in common? _____

What other common themes, powerful messages or surprises can you see? _____

Two Essential "Leading" Questions



Now it's time for some leading questions—to help you make the most of this powerful exercise.

1. Did you notice that most (all?) of the items on your "Heart Sing" list are free and/or easy to do? _____

➔ **ACTION:** If you didn't notice (and most people don't!), turn back and review the items on your list ⬅

2. So, if what makes your heart sing is free, cheap and/or easy to do, why do you think you don't do them more often? What gets in the way?

Wrap-up

The answers you've given during this simple heart-centered exercise offer meaningful clues towards your deepest values and what matters most to you. And if you do more of the things that make *your* heart sing, you'll find a renewed sense of vitality, happiness, balance and joy—if you let it.

What is your *biggest* learning from this exercise? _____

TIP: Return to your Heart Sing list *whenever* you're craving more joy, inspiration or need a reminder of what *truly* lights you up.

Take Action

Time to make this real! Because if you want more joy in your life, it's time to take action.

You've made your list of "Heart Sing" activities that boost your joy, uplift your heart and nourish your soul. So how could you weave more of these into your everyday life?



Choose 3 actions that will bring you more joy in life

To wrap-up this exercise, identify 3 specific actions you'll take to bring more joy into your life. These should be things you can easily achieve and 100% commit to.

Action 1 What can you do by the end of today? _____

Action 2 _____ **by when** _____ (this week)

Action 3 _____ **by when** _____ (this month)

Finally, what one activity could you do regularly to bring more joy into your life?

_____ **Circle frequency** Daily / Weekly / Monthly



Remember: you deserve Joy & Happiness—as well as Pleasure!

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Wrap-up

What makes your heart sing? Well, your heart already knows the answer—you just need to listen.

And now that you have, the invitation is simple: carry this wisdom with you and go create more joy in your life!

About Fierce Kindness.com

At Fierce Kindness we believe that courage and kindness is what we, and our world, need. We need courage to do the right thing, to go after what we *deeply* want and become all of who we are. And we need kindness, fierce kindness, to set boundaries, learn to love ALL of ourselves and BE in our world in a new and exciting way.

We plan to spread the word about the necessity of Fierce Kindness toward ourselves, others and our world through resources, stories, articles, inspiring and beautiful quotes and much more.

We want to change the world! But to change our world, we must start with ourselves. And so, here at Fierce Kindness, we love to help people get to know themselves deeply through worksheets and workbooks like this one!

Our goal is that you can come to Fierce Kindness any time to:

- Find inspiration and ideas for your life!
- Learn how to be kinder to yourself and others.
- Get tips and learn techniques to deeply connect with yourself.
- Get inspired to make a difference and help make the world a better place.



If you haven't already, we'd love you to [Sign up for our Fierce Kindness newsletter here >>](#)

And for connection, community and much more, [Join our Free Fierce Kindness Community here >>](#)

About the author: Emma-Louise Elsey fell in love with personal development in 2003. She'd created a life that had everything she *thought* she wanted, but wasn't happy on the inside. Thinking it would help, she quit her successful career to become a life coach and moved to a new country—but still struggled to be truly happy. Then her inner critic weighed in making life more stressful and difficult. After a major health incident, she finally learned that self-kindness IS the answer to happiness and finding peace within—along with courage to challenge society's ideas of how and who we 'should' be. We are ALL much braver and more capable than we realise, and with Fierce Kindness, *everyone* can create a life and self they love. And Emma-Louise has dedicated herself to helping people do just that.

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Emma-Louise

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The cultivation of happiness is one of the most important skills anyone can ever learn.

Thích Nhất Hạnh

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