



A BASKETFUL OF LOVE

THEME 14

EVERYDAY JOY KIT

Extended Digital Companion —
Workbook Edition

A Basketful of Love — Light with Intention

WELCOME



Welcome to Theme 14: Everyday Joy Kit

This workbook focuses on creating small, meaningful moments of happiness through thoughtful gifting.

The Everyday Joy Kit celebrates simple pleasures, lighthearted touches, and intentional details that brighten ordinary days.

Use these pages to design a gift that brings joy without waiting for a special occasion.

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SETTING YOUR INTENTION



What everyday moments do you want to brighten?

How can this gift bring joy into ordinary routines?

My intention for this Everyday Joy Kit is:

YOUR BASKET VISION



What feeling should this joy-filled kit create?
(Check or circle any that apply)

- ☐ Cheerful
- ☐ Comforting
- ☐ Uplifting
- ☐ Playful
- ☐ Warm
- ☐ Thoughtful
- ☐ Simple
- ☐ Happy

Other: _____

Describe how this Everyday Joy Kit should feel to receive:

GIFT ITEMS BRAINSTORM



What small items or gestures spark everyday joy?

Think about, simple treats, comfort items,
encouraging notes, fun surprises

List your ideas below:

COLOR & THEME FEELING BOARD



Choose the tone for your Everyday Joy Kit:

☐

Light & Bright
(soft yellows, pastels, cheerful neutrals)

☐

Calm & Cozy
(warm tones, comforting textures)

☐

Playful & Fun
(colorful accents, joyful patterns)

My chosen palette or style:



MESSAGE / AFFIRMATION CREATOR



Write 2–3 joyful messages or affirmations to include with this kit:

1. 

2. 

3. 

Optional:

*Rewrite one message into a short phrase
suitable for a tag or sticker.*

PERSONAL REFLECTION



Why do small joys matter so much?

How can intentional gifting create more joy day-to-day?

GRATITUDE MOMENT



Write three simple joys you're grateful for today:

1.

2.

3.

WRAP-UP PAGE



Your Everyday Joy Kit Takeaway Message:

What does creating everyday joy mean to you?

Date Completed: