

The *Joy* AUDIT WORKSHEET



RYAN CAMPBELL

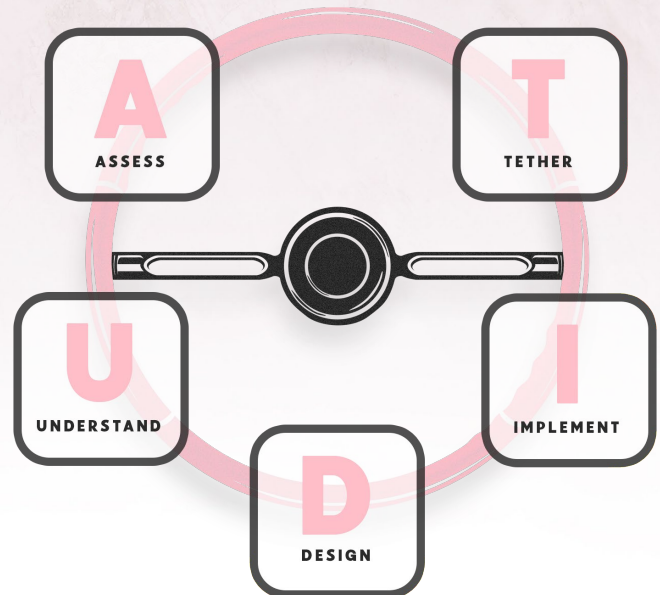
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G'day there, and welcome to the Joy Audit.



Life moves fast. Between the pressures of work, family, and everything in between, it's easy to lose sight of the simple things that once made us smile like a kid. When we're overwhelmed, stretched thin, and running on empty, it can feel like we're stuck in survival mode—disconnected from ourselves and the things that truly matter.

What if the answer to juggling the balance of life, battling burnout, and maintaining positive mental health and well-being wasn't about doing less—but actually doing more of the things that matter? The things that energize us, ground us, and remind us who we are outside the chaos. That's what the Joy Audit is here to uncover.



This worksheet was born from what most people would call a questionable purchase—a 1960 Pink Cadillac I bought on a whim. But that unexpected decision ended up teaching me one of life's greatest lessons: joy isn't a luxury we earn after hard work—it's the fuel that sustains us through it.

At 19, I became the youngest person to fly solo around the world. Years later, I survived a plane crash, was diagnosed as a complete paraplegic, and had to learn how to walk and fly again. You would think that those huge chapters would have uncovered the most impactful lessons. But out of everything I've lived through, the most powerful, lasting lesson wasn't found at 10,000 feet—it was parked in my driveway.

This worksheet is your chance to reflect, recalibrate, and proactively bring more joy into your everyday life. It is a pathway to becoming intentional with how you spend your time, and through stepping back, start showing up better.

Remember - Joy isn't the reward, it's the requirement.

Let's begin.

A handwritten signature in black ink that reads 'Ryan'.

**RYAN
CAMPBELL**



ASSESS

Identify what brings you joy, reflect on how present it is, and imagine life if joy was a consistent priority.

What's Your Pink Cadillac?

List hobbies, interests, and simple pleasures that make you smile like a kid.

How to: Think about moments when you lose track of time, feel light-hearted, or laugh easily.

On a scale of 1-10, how much joy do you currently experience in everyday life?

_____/10

Are you mostly reacting to life, or intentionally living it?

If your joy and fulfillment were a 10/10, what would a typical day look like?

How to: Visualize your ideal morning, work rhythm, and how you would spend your evenings.

What do you wish you could make more time for?

How to: Identify one hobby, activity, or connection you miss.

Resulting Emotions:

How do you feel when driving your own Pink Cadillac?

ie. Excited, rested, challenged, loved





NDERSTAND

Understanding why joy matters allows us to stop treating it as a bonus and start using it as a tool for well-being, energy, and resilience.

When you experience joy, how does your mood, energy, and focus shift?

How to: Recall a recent joyful moment and notice how it changed your mindset or stress levels.

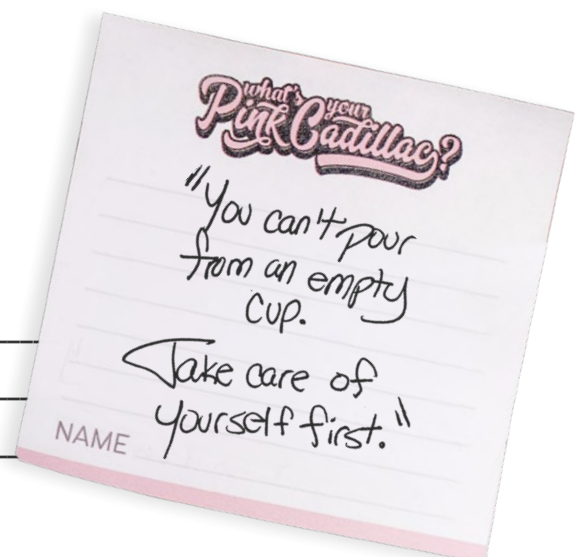
What is something you already do that brings you joy, but you may not have realized why it benefits you?

How to: Consider walks, hobbies, quiet moments, or spontaneous fun.

What positive feelings do you experience during these joyful moments?

(Examples: calm, energized, connected, inspired, playful)

How to: Focus on how you feel when you do something joyful, as emotional awareness helps you discover what you are truly seeking in your daily life.



DESIGN

Turn intention into design by making space for joy in your schedule, routines, and environment.

What would it look like to design a week that prioritizes both what you have to do and what you want to do?

How to: Review your calendar and look for small pockets of time to claim.

What two 30-minute blocks can you protect this week for something joyful?

How to: Block them in your phone or planner now to ensure they happen.

1.

2.

**"If you don't design your life,
someone else will design it for you –
and you may not like their version."**

– NIGEL MARSH



IMPLEMENT

The Implement stage is where clarity meets courage. Take the first step, reduce friction, and build momentum by doing what fills your cup.

The greatest transformations often begin with the simplest of changes.

How to: Start small. If you want to play guitar again, place it where you can see it. If you want to walk, set out your shoes.

What's a helpful 'friction remover' for you?

How to: Consider scheduling a recurring time, asking a friend to join you, or prepping now so future you can act easily.



ETHER

Make joy a rhythm in your life—not an afterthought.

Tethering happens in three ways:

- ✓ **Prioritize it yourself:** Small rituals like morning music, Friday walks, or creative hours.
- ✓ **Invite others in:** Share joyful moments with people you care about.
- ✓ **Encourage others:** Share your Pink Cadillac or invite others to complete a JoyAudit.

Which step will you commit to first?

How to: Choose one small ritual to start this week.

Who can you invite to share a joyful moment this week?

Who could benefit from doing their own JoyAudit?

Did you know that...

**Tom Hanks
Collects Vintage
Typewriters**

**Ed Sheeran
Collects LEGO**

**Albert Einstein
Played the
violin.**

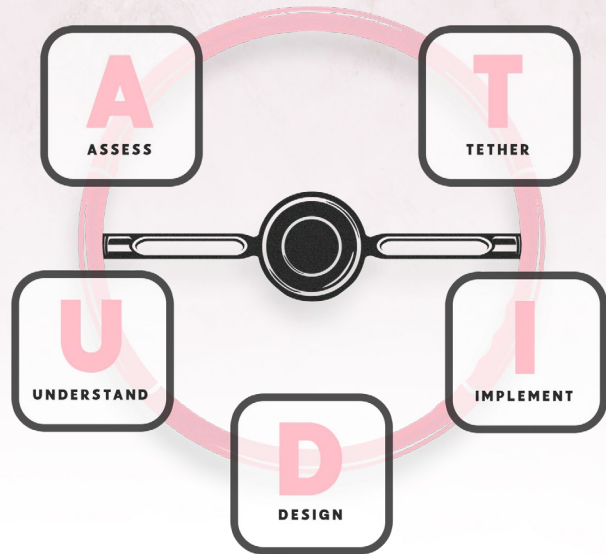
**Warren Buffett
Plays the
ukulele.**

**Usain Bolt is a
DJ and avid
video gamer.**

REFLECTION

Joy is not the reward for a life well lived-it is the fuel for a life well lived.

What is your biggest insight from this JoyAudit?



What will you do this week to prioritize joy, even in small ways?

Next Steps Checklist:

- ✓ Schedule your two joyful blocks for this week.
- ✓ Take the first step toward your Pink Cadillac.
- ✓ Invite one person into a joyful moment with you.

Optional:

Share Your Pink Cadillac

Share your journey to inspire others to prioritize joy too. Tag or send your story to [your email/website].

