

JOYburg DECLARATIONS

- * JOYburg is getting a thorough renovation
- * There is true healing inside and out
- * Everything is restored and as good as new
- * JOYburg is a city of joy, love and peace
- * It is a city of kindness and generosity
- * We live brimming with blessings
- * Abundant prosperity and favour are ours

FOUNDATIONS FOR JOY

I control my thoughts...

My health and happiness depend on the quality of my thoughts.

I speak words of life...

Words kill, words give life; they're either poison or fruit - I choose life.

I am forgiving...

Forgiveness unlocks the door to set me free... unforgiveness imprisons me.

I am always thankful...

I cannot be fearful when I am thankful, so I practice an attitude of gratitude.

I dream big dreams...

The world needs people who have come alive. I will discover what makes me come alive and go do that. I am a world changer and a history maker.

I am a generous person...

No expectations, no strings attached... I give freely and give lovingly.

I am becoming more childlike...

Wonder, adventure, innocence, playfulness, celebration, kindness, vision, hope, astonishment and faith are again becoming a vital part of my life.

I am learning to laugh again...

Laughter truly is the best medicine - and it's the antidote to stress. Laughing lifts my mood, reduces stress, makes me healthier, helps me bond with people and makes me more caring.

I choose love in all circumstances...

I am wired for love; it is a scientific and spiritual truth.



MY PLEDGE

I pledge to be a radical **JOY Activist...** a **LOVE Revolutionary...** and a **PEACE Warrior** in **JOYburg**, the City of Gold!

I pledge to join others and recognise... discover... proclaim... declare and call out the gold in this city and in its beautiful people. I choose to always see the treasure in others, especially in ones that I may often overlook.

I pledge to make the Foundations for Joy part of my everyday life.

I pledge to obey the rules of the land and honour those in authority because I am a law-abiding and honourable person.

I pledge to overcome stress through the power of joy and laughter.

I pledge to be the change I want to see in JOYburg.

I pledge to make the declarations daily.

This is my joyful commitment.

www.joyburg.co.za

© All rights reserved. JOYburg™

You are welcome to share this but please do not print copies for distribution or sale. Please honour us by ordering copies of the Manifesto from our website.