

# Going with the good - 4th quarter holiday joy assignment log.

Date	Assignment #5	Describe what you did	Insights/Notes/Thoughts	How much joy did this give you on a scale of 1-10 with 10 being top joy
Monday, December 3	<p>The fact of the matter is that everyday we will struggle at points, sometimes at many points. And some days, let's get real, we are just hanging on. A colonoscopy prep day, for example. This calls for precision joy, tactical joy, hard core joy on an hourly basis. While you may not have one of those special joys scheduled this week, read Colonoscopy Joy then pick the day you anticipate will challenge you the most and track the good stuff <b>on the hour</b>. Hourly tracking is what keeps you on your good game.</p>			