
THE NEXT CHAPTER NETWORK
MONTHLY THEME

Reclaiming *Joy*

What lights you up that you've forgotten?

Turn the page. With purpose.

This Month's Theme

MONTH 1

Reclaiming Joy

Somewhere along the way, joy became something that happened to us rather than something we actively pursued. Between the responsibilities of motherhood, career, partnership, and community, we got very good at being useful — and not so good at being delighted.

This month is about remembering what lights you up. Not what should light you up. Not what used to. What actually does, right now, in this chapter of your life.

QUESTIONS TO SIT WITH THIS MONTH

- When was the last time you lost track of time doing something you loved?
- What did you used to do for fun that you've quietly let go of?
- If you had a completely free day with no obligations, how would you spend it?
- Are there joys you've been postponing until "the right time"?
- What would it look like to make joy a priority, not a reward?

YOUR TEXT RHYTHM THIS MONTH

Week 1 — Theme Drop:

The theme lands in your Chapter text with a reflection question and a curated resource to explore on your own.

Week 2 — Try This Now:

Your challenge: Do one thing this week purely because it brings you joy. Not because it's productive. Text your Chapter what you chose.

Week 3 — Chapter Night:

Your group meets in person. Use the facilitation guide for a structured evening of check-ins, deep conversation, and experience sharing. Then dinner.

Week 4 — Reflect + Look Ahead:

A closing prompt to capture what this month brought up for you, plus a preview of next month's theme.

CURATED RESOURCES

- Podcast: Brene Brown on the difference between happiness and joy
- Book: Enchantment by Katherine May — on finding wonder in everyday life
- Article: "The Case for Doing Nothing" — on reclaiming unstructured time