



Developing your own Joy Practice

A simple guide to discovering and cultivating a joy-centered life.

Welcome!

I am so excited that you are here.

My intention with this exercise is to help you get as specific and authentic as possible so that you can translate your hopes for more joy into a tangible practice that you can bring into your every day life.

Small consistent joys set you up for a life you can thrive in because your joy makes you resilient, creative, optimistic, and magnetic.

Before we dive into the exercise, I want to help you loosen up a bit and gain a little bit of distance from your daily stressors so that you can see clearly and think freely and authentically.

What happens when we are bogged down by our daily obligations is that we can become a little cynical and get lost in the idea that we don't have time for joy, but obviously that is unhelpful and will only speed up your journey into exhaustion, overwhelm, burnout and resentment.

SO, grab a cup of tea/ coffee/ water, sit somewhere cozy, take a few deep breaths, stretch your arms above your head and set the intention to be completely honest with yourself.

You deserve joy in your daily life.



Step 1: Let's start with a few warm-up questions that get you into a gentler, softer, kinder and free-er mindset. I want you to let yourself dream a little. Allow your thoughts to wander and reflect so that you can open yourself up to inviting JOY into your life more effortlessly.

- What brought you joy as a child?
- When and where do you feel most free and alive?
- What fuels you with energy?
- What kind of person or situation brings out your lighter, more fun and carefree side?
- What are some experiences you are craving if time and money weren't an issue?
- Which sides of who you are are your favorite? What do you like or wish to be celebrated for?





Step 2: Let's pull your life apart into four categories. Write a number next to each category indicating how satisfied you feel in each area of your life. (0 = not satisfied at all, 10 = completely satisfied.)





Step 3: Write down what brings –or would bring– you BIG JOYS in each of the four categories. (ex. of a big joy: a raise/ promotion, marrying the love of your life, completing a marathon, a trip/ vacation...). Write it all out.

Work/ Career

Love/Relationships

Health

Play/ Fun

Step 4: Write down what brings –or would bring– you SMALL JOYS in each of these categories. (ex. of a small joy: great co-workers, 1-on-1 time with a loved one, a walk in nature, arranging flowers...). Brainstorm everything and anything that comes to mind. Nothing is too small to mention here. Be exhaustive and think outside of the box.

Work/ Career

Love/Relationships

Health

Play/ Fun

Step 5: Look back at step 3 and 4 and circle the joys that are the most potent for you. Listen to your body and circle the ones you intuitively feel the most drawn to. The ones that feel like will wake up your joy the most.





Step 6: Use the space below to explore how you can amplify the big and small joys in your life.

- How would your life be different if you had a daily, easy joy practice?
- How would your energy and your outlook on life change?
- How would the quality of your relationships and your career shift?
- Who would you be if you lived with joy in your center?
- What is holding you back? What is blocking your joy?
- How can you start to dissolve those blocks or work around them?
- What mindset shifts do you need to make? How do you have to change your expectations to make space for joy?
- What joy-fuelers can you easily pull into your every day life?
- What kind of changes do you need to make in your daily routine to make space for joy?
- Who can help you make space for more joy?

Let yourself think freely. It all starts with dreaming bigger and trusting that you can find a way.



The truth is that your life is jam-packed with opportunities for joy. It is on you to spot these opportunities, to believe that you deserve them, and ultimately, to take them.



Do you wish you had someone by your side who can see you with fresh eyes, offer genuine and intuitive guidance while reflecting back to you who you really are so you can feel whole, content, fulfilled and joyful knowing that you are on the right path.

Find out how we can work together by visiting me at www.carolinezwickson.com or email me directly at caroline@carolinezwickson.com

Love,
Caroline

