

## Strategies to Reclaim Your JOY!

1. Write down the word JOY-draw words and pictures all around it that represent JOY to you. Put it somewhere you can easily access. Speak the words out loud. Visualize the images of JOY in your life. Speak JOY into your life.  
*Note: You can download the JOY sheet-the word is already written for you.*
2. The JOY breathing method. Breathe in through your nose and think “I am ready” and then breathe out through your mouth and speak “to reclaim my JOY”. Do this three times in a row. Notice the impact.
3. Make a list of three things that bring you JOY. Make sure you are integrating at least one of those things into your life every day!
4. Write down these letters: J-O-Y. Next to each of those, write a word that integrates the letter with something that relates to JOY for you. For example:

J=Java (coffee is definitely on the list for me)

O=Others-spending time with others

Y=Yellow-it makes me think of sunshine.

What do you have for your letters? Now set an intention. Pick one letter on which to focus this week. Take action. Notice the impact.

5. Take a moment to remember a moment or time when you have experienced JOY. What was it about that experience that brought JOY to you? How can you bring this to your life now? Maybe it's a specific activity. Maybe it's a way of being in the world. Look for ways to integrate it today.

Add your own here: What is something YOU want to do to reclaim your JOY?

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