



10 TIPS for JOY

WHEN YOU FEEL DISENGAGED,
UNMOTIVATED
OR OVERWHELMED -
OR ANYTIME!



Your view of the world.
Your perceptions.
Your focus.

How will you start your day?

What story are you
telling yourself today?
Look consciously for that
story and challenge it if
it makes you feel anxious!





BE PRESENT!
IN EVERY MINUTE OF
EVERY DAY

GRATITUDE CHANGES EVERYTHING

Wear your Gratitude Glasses
permanently!

And you will find your JOY!



OBSERVE your thinking
and your choices and beliefs in every
moment.
Breathe!





Tune into yourself.
How are you feeling?
Breathe and be in your
heart.



EXERCISE!
AND
BE IN NATURE!

HAVE FUN!
LAUGH!
Help someone else!





Be kind to yourself
You are the embodiment of
pure love - your essence.
You are an **ASTONISHING**
being of light!

Learn to love yourself!
You **ARE** worth loving!

What will
YOU
choose
to do differently from today?





ZOOTs
sending love
from my heart to yours!

Thank you for all you
do to support me and
my work



Stay connected with Amanda

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