

JOY SCHOOL 2016: Lesson 6

“Opening Up to Joy”

DESERVING: THE SEED OF JOY

If your beliefs are not in alignment with your desire for joy, you will _____ block it

This can show up as _____ behaviours.

The main limiting belief that blocks joy is a version of “I don’t _____ joy”

Some Joy Saboteurs

Tick the thoughts below that get in the way of your joy (notice if they ping in your body).

“I don’t really deserve joy”

“I don’t deserve to be happy”

“I’ll get to feel more joy when...”

“I shouldn’t feel good because {other people are starving/dying/at war in poverty}”

“I’m not one of those people who gets to be happy/have the good life”

“I’m not perfect/I’ve done bad things, so I don’t really deserve joy”

A the root of these is the belief you are not _____ of joy.

Which comes from believing you are fundamentally _____ in some way.

You’ve forgotten that you are _____, _____ and _____!

And don’t forget Joy Lover Principle #1: Joy is Your _____.

Questions to ask yourself:

- Am I experiencing as much joy as I would like?
- When wonderful things come into my life do they stay or do they slip away?
- Do I grab on to amazing opportunities, people and experiences with both hands or do I tend to keep my distance?
- Do I feel like I’m doing all the right things but nothing seems to be changing for the better?

RECEIVING: THE ACT OF ALLOWING

Block # 1: Guilt

Comes from a belief that it is _____ to feel good.

Especially when someone else isn't feeling the _____ ("I don't want to make them feel bad or feel worse")

If we do that then we are _____ or _____.

We don't want to be any of those, so we _____ our joy.

Why this is stinking thinking...

Joy Lover Principle No 3: Joy is a _____ (for everyone!)

Choosing their feelings over yours is a _____

It keeps you _____ away from joy in the moment.

How to give guilt the boot

1. Remember, joy is your (and their) birthright
2. Everyone can CHOOSE joy
3. Joy is infectious :)
4. Realise that allowing your joy could spark theirs

Something to say in the moment:

"I deserve this joy"
"It's always right and appropriate for me to feel joy"
"This joy is infectious and can ignite joy in others"
"My joy adds positively to the world and the people around me"
"Everyone can choose joy"

Block # 2: Fear of joy

We can fear getting what we really _____.

Because we are afraid of perceived negative _____ that could come with it.

Because we don't want to face life _____ it.

So we actively _____ or _____ receiving it in the first place.

How to fritter away your fear:

ACCEPT joy will come and go.

TRUST that it will always return.

Because joy is in your POWER to control

The stronger you make your joy muscle, the quicker it bounces back

“It’s OK. I’m OK. All will be well”

Saying YES to joy: Gracious Acceptance

Notice how you _____ to good things coming to you.

Accept ALL _____ (compliments, raises, treats, dinners, gifts, acts of service) with a big smile and a warm thank you.

This sends a _____ to the Universe saying “Yes, this is for me, I deserve this, more where that came from thanks Universe”

Saying YES to joy: Expand Your Capacity

We all have an _____ _____ to how much joy we can handle.

When we go above that, an _____ gets tripped in the body.

The body then deploys _____ (This is a joy _____)

Which can show up as picking fights; worrying; getting really anxious; or other behaviours that bring you back down.

How to expand your capacity

1. **Connect** with joy (use Expanding Joy meditation, or visualisation from Lesson 1 or any tool that takes your fancy)
2. **Spread** the feeling to all parts of your body
3. Sit and **hold** the feeling for as long as you can

This gets every cell in your body accustomed to **vibrating with the energy of joy**.

CELEBRATION: THE POWER OF REJOICING

Celebration is actively _____ all your wins and successes, big and small.

Celebrating what you do is also about celebrating _____ you are: a beautiful, divine creation.

Celebrating has powerful benefits:

- It boosts _____
- It strengthens your _____
- Contributes to a sense of _____

Tips on celebrating like a Joy Lover:

- Plan something **specific**: “I’m going to celebrate by...”
- Acknowledge with **words**: “This is to celebrate X and what I’m most proud of is Y” (you can say in your head if you want to!)
- Express with your **body**: fist pump; high-five hug; smile; cheer; happy dance in the kitchen; jumping up and down

How will you celebrate finishing Joy School?

3 THINGS THAT STOOD OUT FOR ME FROM THE COURSE WAS...

1. _____

2. _____

3. _____

WEEK 6 JOY MISSIONS

1. List your three biggest joy helpers

I want you to reflect on the last five weeks and list 2 or 3 core habits, learnings, or actions that have made the biggest impact for you and that you will commit to continuing after Joy School is over.

2. Decide how you will **celebrate** finishing Joy School. I'd love for you to put in the Facebook group exactly how you plan to celebrate and what one thing you are most proud of yourself for over your time in Joy School.

FINAL THOUGHTS FOR YOUR JOY JOURNEY

Joy is the way, not the destination.

Joy is a choice, that you have in every moment.

Joy is the magic, that will transform your life.

