

## Day 2: Find & feel your joy

# CREATE THE SPACE TO INSPIRE

*"The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty." - Winston Churchill*

Listen to the Find Your Joy Visualization. Afterwards, come back to the questions below and describe your joy or lack of joy to the best of your ability. It's okay if it's hard to describe at first. With practice, this will become easy and you will be able to use the feeling of joy as a guiding light in your life.

**1. What does joy feel like in my body?** *Where do I feel it (physically, in my body... ex: heart space, gut, throat, head)? Does it have movement (ex: upward or downward)? What other qualities does it hold (light, quick, warm, etc)?*

**List all of the things in my life that bring me joy:**

a. Physical things I own:

b. People I spend time with/know:

c. Situations (work/life/pleasure):

*Give one or two of these things a little love (clean them, touch them, create space around them, communicate with them).*

**2. What does the absence or lack of joy feel like in my body (when I hold or think of something that doesn't bring me joy)?** Where do I feel it (physically, in my body)? Does it have a direction or movement associated with it? What kind of qualities does it have?

List all of the things in my life that **don't** bring me joy:

a. Physical things I own:

b. People I spend time with/know:

c. Situations (work/life/pleasure):

***Ask yourself the question: Am I ready to let go of any of these items? It's okay if not; if so, joyfully thank and release the item and remove it from your home.***

If you have a hard time feeling your joy or lack of joy. Hold one of these items and notice the shift in your body after holding something that does bring you joy.