

**"A Joyful Dare" Three things you can do to co-create  
more joy in your life. *I dare you.*  
NOTES, ACTION SHEET AND REFERENCES**



**1. Why Joy?**



**I asked for an answer and joy was the answer received.  
Joy through Self-discovery**

## 2. Stumble Upon It



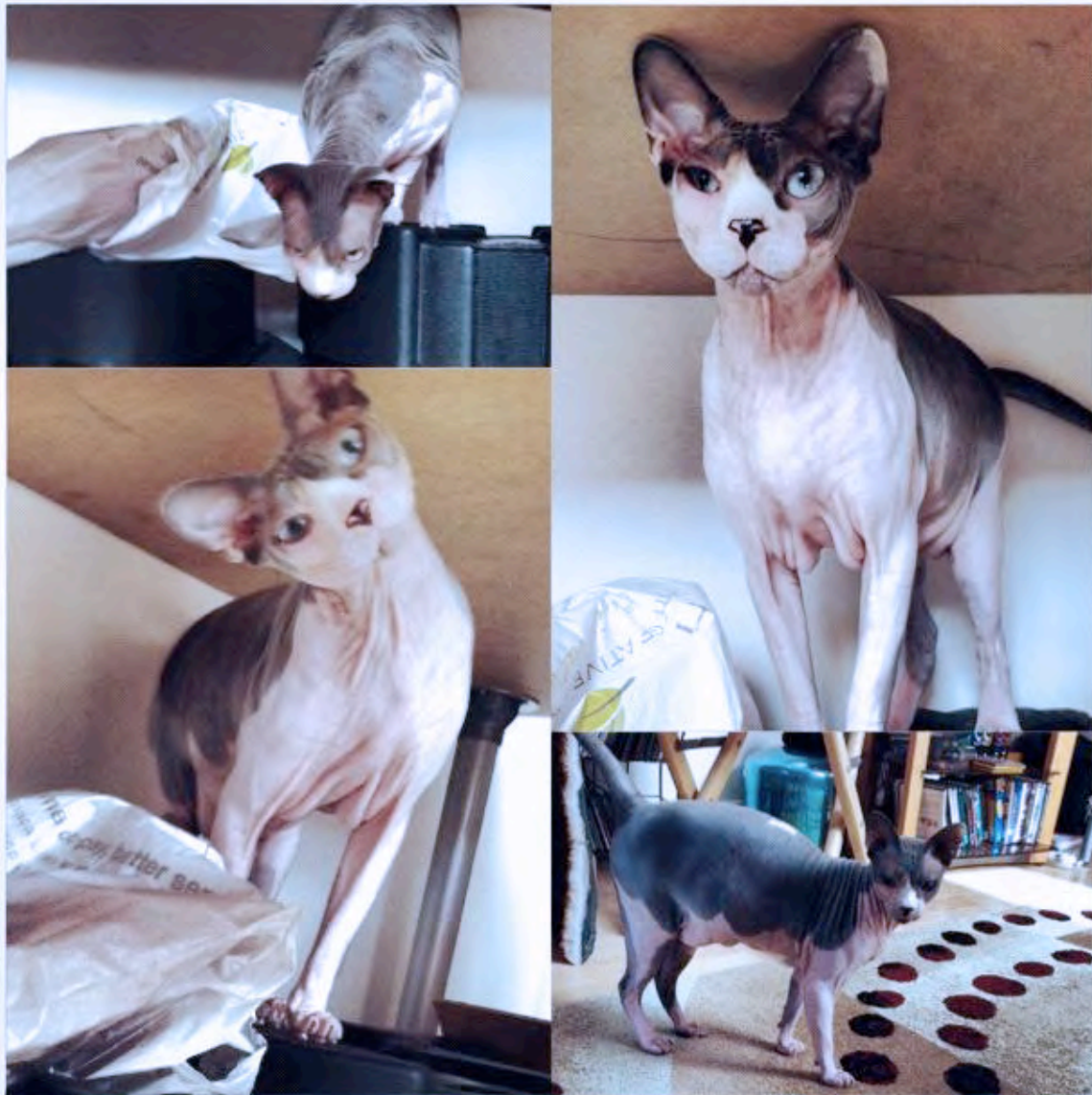
### **3. Navigating with Your Joy Feeling**



**Go to your favorite joy experience - imagine it fully. Feel it. And give it a “code word” Use this experience to activate your Joy Navigation. Use this feeling to guide you - when you need a quick reminder use your code word.**

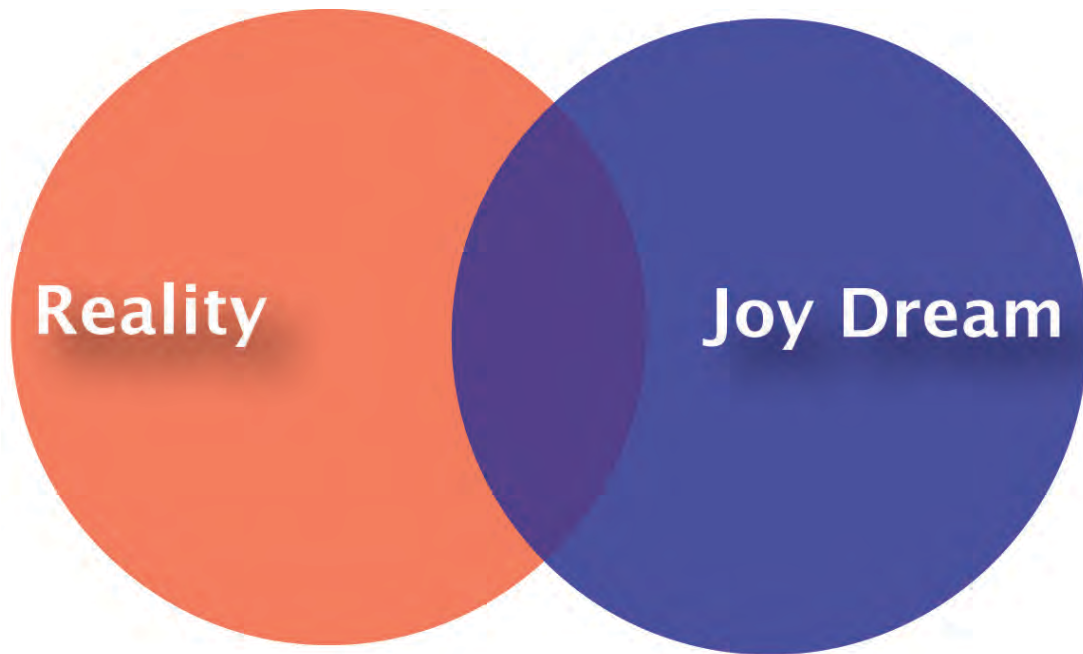
## Mirror Neurons:

### 4. Making Room for Joy





## 5. Overlapping Your Reality & Your Dream



RECAP - Three Easy ways to Increase Your Joy:

1. Get very well acquainted with your internal feeling of joy. Remember your joy "code word." Use it to activate your navigation system.
2. Use your personal joy feeling to navigate towards joy – to make choices. Do this by reflecting on the things that bring you joy and paying attention to what things bring you joy daily. Track them.
3. Choose, Magnetize and visualize more joy into your life with committed conviction. Ask for it!

## **ACTION SHEET**

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- 1. Activate your Joy Navigation each morning (in the shower, before you put your feet on the floor). Just a simple intention or remember your "joy" word. If you forget in the morning – don't worry about it just do it when you remember. Do it for 21 days and it could become a habit ;0) Remember anything you post on the internet can become or is public – use discernment.**
- 2. Keep track of your joy experiences and appreciate them. Get a Joy journal, start a "joy" a folder in your computer where you can write about it – or better yet create a pinterest board for joy! (Pinterest is on my list of to dos!), devote space in your facebook time to report "good news" to your friends. Tweet your joys whatever works for you. What you focus your attention on will naturally increase in your reality.**
- 3. Draw your reality and dream spheres and fill them in with your life. (If you want some categories check out Maslow's Hierarchy of Needs). Keep discovering yourself through relationships and activities (if you need something more concrete look into some of the really good personality systems). Fill up your Dream Sphere with those things that really give YOU joy. This will give you direction in magnetizing your Joy Dream life. IF joy is something**

## you really desire – commit to it with conviction!

References – people mentioned in order of notes...

Mary Kennedy – Co-creating a Participatory Vision of Joy: An Arts-based Auto-ethnographic Inquiry <http://www.gemjnjoynow.com/shop/>

Barbra Dillenger – San Diego, CA.  
<http://www.awakeningzone.com/Guest.aspx?GuestID=409>

Enneagram: <https://www.enneagraminstitute.com/>

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Steven Sinek  
[http://www.ted.com/talks/simon\\_sinek\\_how\\_great\\_leaders\\_inspire\\_action.html](http://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action.html)

Brené Brown [http://www.ted.com/talks/brene\\_brown\\_on\\_vulnerability.html](http://www.ted.com/talks/brene_brown_on_vulnerability.html)

Lemurian choir [www.pinealtones.com](http://www.pinealtones.com) and [www.lemurianchoir.com](http://www.lemurianchoir.com)

Mirror Neurons: [http://en.wikipedia.org/wiki/Mirror\\_neuron](http://en.wikipedia.org/wiki/Mirror_neuron)

Maslow, A. (1968). Toward a psychology of being (2nd ed.). Princeton, NJ: D. Van Nostrand Company, Inc.

John Assaraf - <http://www.praxisnow.com>  
Are you interested or committed?

Homeopathic Constitution – Phosphorus:  
<http://arcanum.ca/2012/04/03/homeopathic-constitutional-types-phosphorous/>