



Gratitude Practise: Three things that sparked JOY yesterday are:

Intuition Practise: How can I make today a blessing?

Creativity Awakening: What did I do that was creative yesterday?

Heart Awakening: Who will I see today? (Visualise sending them love or even bowing down to them)

Big Up Yourself: How can you celebrate your awesomeness today?



Now connect to today's choices

JOY: In the fullest expression of this choice, what would your experience look like?

Zoning in on your two choices for the day of the week you are focused on, connect to that vision. Allow yourself to be in the fullest expansion of that choice.

Close your eyes and really allow yourself to build a complete picture in your imagination of that thing that you would love to create.

Now, under JOY, you will write all of that down

Use the free writing method: write, write, write!

Don't stop, don't censor, just keep flowing and going until you have got it all out onto the page!

ILLUSION: Consider where you are now in your current reality? What are the beliefs holding you back from living in line with your truth?

Next, once you are complete, you will close your eyes and connect to the illusion.

Why can't you have it? What are the beliefs around why that is not possible?

Maybe it's money?

Maybe it's your belief you are not worthy?

Maybe you can go even deeper and get to the core of what that story is about! (There is no need to go into trauma, but to use your intuition to un-surface the belief).

Now write all of that down here. Use the free writing method under ILLUSION: write, write, write!

Don't stop, don't censor, just keep flowing and going until you have got it all out onto the



page!

Well Done! It is not easy, but I want to remind you that these are just beliefs!

BRIDGE: What is the bridge that will take you to your vision?

Now we are going to Alchemise it!

So now, close your eyes, and I want you to reconnect to the JOY!

Reconnect to that version of you.

Paint a complete picture in your mind's eye of who they are, how they are, how it feels to be them.

Now, in your mind's eye, you will construct a bridge between yourself now and then.

Fully see that bridge between you both.

Build a complete sensory picture in your mind's eye.

Now you are going to perform a ritual to alchemise it. Step onto the bridge, and walk across. This is your path for Joy.

As you walk, these stories and beliefs are becoming lighter, beginning to fall off.

Once you get to the other side, you will turn back and look where you came from, realising that this path actually represents time and space.

This bridge represents the obvious steps you took to become this goddxx version of you, living in line with your JOY.

This is your bridge. This is your PathFor Joy.

Now write all of that down under BRIDGE. Use the free writing method: write, write, write! Don't stop, don't censor, just keep flowing and going until you have got it all out onto the page!

Well done! This is the bridge! These are the obvious steps you can take to transform your life and live one of JOY at all moments! Use this process daily, and I promise you will experience a transformation.



Now let's take a moment to reflect on that: What was the obvious step in your journey? Is there an affirmation that might support this unlearning as you step on your PathFor JOY?

Choices

JOY: In the fullest expression of this choice, what would your experience look like?

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ILLUSION: Consider where you are now in your current reality? What are the beliefs holding you back from living in line with your truth?

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BRIDGE: What is the bridge that will take you to your vision?

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