



ANASTASIA

ADVOCATE, ALCHEMIST & APOTHECARY

JOY TECHNIQUES

#1. The Negativity Detox-To prepare the way to Manifest your Dreams you must clear out any negativity in your life.

#2. Gratitude/Appreciation-Write about gratitude daily. Express gratitude to others daily. Practice frequent positive self-talk about yourself and your gifts.

#3. Strong Intention to be Joyful-Have a conscious desire to allow yourself to be in a state of Joy. Continue to practice the Joy Techniques until Joy is a natural state you are again aligned with. In conversations focus on the positive and re-direct when it is negative.

#4. Being in Present Moment-Allowing yourself to be in the present moment and feel the Joy of the moment. You can make minor adjustments to make the present Joyful.

#5. Follow Dreams and Passions-start doing this daily with small things

#6. Lifestyle Changes-What needs to change to support you to move into Joy?

#7. Move Your Body-Often joy is felt through movement and expression of the body.

#8. Creativity-Connect with Joy through your creativity.

#9. Scripting-Write or say out loud what you would like to see happen in an area of your life. Say it in the present tense of the good thing already happening in your life.

#10. Joy Memories-One way to shift into Joy is to remember Joyful events in your life. Write these down and carry these with you.

#11. Be in Love-You are walking on air, you feel light and joyful. You actually can turn this feeling on at will. It is a feeling being generated within yourself.

#12. See Yourself Joyful-To shift into Joy it can be helpful to actually visualize yourself as being in Joy.

#13. Identify Your Joy Focal Points-Identify 5-7 things you can Focus on to feel Joyful.

#14. Challenge Your Thinking

#15. Find the Joy of the Moment-Whatever you are doing look around and begin to state what you love about what is happening in the moment. If you are by yourself, express this to yourself either inwardly or out loud.

#16. Stay in Alignment with Your Authentic Self-When you are in alignment with your Authentic Self you will feel good. When you are out of alignment you feel bad, which means you are in your Conditioned Self.

#17. Celebrate What You Want to See More of-To create more Joy in your life you must amplify the good that is already happening.