1 - What does your **inner critic** say to you?

What can you say to yourself **instead** that is kinder and more realistic?

2 - **What past regret** keeps you from finding more joy in your life?

Can you forgive yourself or someone else, and let go so you can find joy?

3 – **Where do you find great joy?**

What **fear** keeps you from finding more joy?
The Present is the place to be - Paths to Joy!

1 - **Accept yourself** and your life for what it is.

2 – Repeat the **Serenity Prayer**.

3 - Have a new perspective on your stress, see your stress as a life event, and part of your journey.

4 - Practice **Forgiveness**.

5 - **Practice Gratitude** (daily) – Be grateful for what you have vs. wishing for more.

6- **Feel the fear** (of doing something you want) and **do it anyway** – that accomplishment brings JOY.

8- **Develop mindful skills**, like meditation, journaling, serenity prayer, for present moment awareness.

9 - **Use a joy meter**- on a scale of 1-10 with 10 being the most joy you have ever felt to 1 being no joy at all, where are you now on that scale? Use for any event.

10 - **Be in the moment**, be silly, have fun. No self-consciousness in the present.

11 – **Pet and play with your pet** – experience the comfort and contentment of just being with them.

12 – **Tapping/EFT** – reduces anxiety, depression, grief, phobias, trauma, reduces inner critic to help you make room for more joy.

**Fill in your ways to JOY below:**

1 –
2 –
3 –

It’s Never Too Late: Flower Mound Olli class / 10/08/18

Sue Legacy, LCSW 10/08/18