1 – **Exercise** for It’s Never Too Late to Find Joy  10/04/18

Sue Legacy, LCSW Robson Ranch

**Acknowledge Your Inner Critic**

1 – **Identify a limiting belief (s) you have about yourself.**
Examples: “I’m such a ______, I’m not good enough, I don’t have enough, I can’t do anything right, I’m a bad ____________ (fill in the blank), I can’t start anything new with the time I have left.”

2- What can you say to yourself instead? What is a belief that is more realistic and helpful? What new perspective can you hold?

Example: “Sometimes I make mistakes but that doesn’t make me a bad _________. It just means I’m human.”
Acceptance – Accept that you will have stress and worries.

1-What fear or worry keeps you from having more joy in your life? Do you think, what if……………happens?

2-Where do you find great joy?

3-Your fear comes from having your joy taken away. Is a fear keeping you from having more joy?

*Have courage to face the future, to embrace the unknown. Feeling your fear and doing “it” anyway will bring you joy – joy is on the other side of fear.
3-Exercise for It’s Never Too Late to Find Joy  10/04/18

Regrets No More

1- Identify a past regret; doing something you wish you hadn’t, or not doing something you wish you had.

2- How can you get past an indiscretion or transgression? Instead of beating yourself up by being angry or unhappy, what new perspective can you have on your past that can bring you peace, and joy?

Can you accept that was you then and not now?

Ask for forgiveness if need be, or, forgive yourself.
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)

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

8- Develop mindful skills, like meditation (releases self- judgement), journaling, or yoga 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, ask yourself if an obligation or duty brings you joy, or not.

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

Fill in your ways to JOY below:

1 –

2 –

3 –

4 –

5 -

It’s Never Too Late: Robson Ranch Olli class/ Sue Legacy, LCSW 10/04/18