

My Joyful Moments #putitdown

NOW IT'S ALL ABOUT ME

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INSPIRING AND EMPOWERING CONFIDENCE

LIFE COACH – CAREER COACH – 40 PLUSSEY FIXER – ACCOUNTABILITY COACH

COLOUR ANALYSIS

MY JOYFUL MOMENTS

JOMO helps you get in touch with what truly gives you joy in life. It asks you for a moment to imagine you are blissfully happy and feeling true joy – free and light of all cares and worry

Things to think about

- ⊖ Allow yourself 10-15 minutes of quiet time and write down your answers in the space below
- ⊖ Don't over analyse just write. If your answers seem overly simple that's a good thing
- ⊖ Feel free to add extra things into your list that come up in the days and weeks after

A helpful starting point

- ⊖ If you took away your phone today what would you pick up instead?
- ⊖ What did you do as a child that you loved?
- ⊖ Examples include, hiking a mountain, cooking, watching the world go by, telling someone you love them, new bed linen, new outfit, playing with your children, baking bread

Now answer the question 'What are my Top 10 Joys in Life?'

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

What do you notice as you look at your list? What common themes, powerful messages or surprises can you see? How easy were they to do?

Write below one specific action you will take to add more 'joy into your life'.

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If you are interested in knowing more about the ME services and my up and coming Life-affirming 6-week course either

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