

A JOYFUL WEEK

**A special quotation for each day
of the week to remind you to
choose joy!**

From Tracy Brown & www.ReclaimJoy.com

Welcome to ~ A Joyful Week ~

I often end conversations with the reminder, "Choose Joy!" I hope to remind the person I am talking with (and myself) that no matter what is happening in our lives we still have the ability to choose joy. So with this booklet I am sharing 7 quotations that are great reminders that it really is our choice how we go through the day.

If you enjoy these quotes you'll probably also enjoy the Joy Journal® (available September 2010). It's full of inspiring quotations and room to write or draw as you reflect on each message.



And, please visit www.ReclaimJoy.com for information about our tele-seminars, webinars and other services or products. Let me know if there are other ways I can help you Choose Joy!

Tracy Brown
(Founder, Reclaiming Your Joy)

www.ReclaimJoy.com

SUNDAY

**Joy is independent of circumstances.
Joy is a sweet home within your
innermost being where you and the
Divine connect.**

Michael Bernard Beckwith

www.ReclaimJoy.com

MONDAY

I live a day at a time. Each day I look for a kernel of excitement. In the morning, I say: 'What is my exciting thing for today?' Then, I do the day. Don't ask me about tomorrow.

Barbara Jordan

www.ReclaimJoy.com

TUESDAY

**If it's a block,
it can become a stepping stone.**

John Roger

www.ReclaimJoy.com

WEDNESDAY

**You don't have to show up for every
"fight" you are invited into.**

Will Bowen

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THURSDAY

**If you don't like where you are in life,
there comes a point when you must
give up the part of you that's keeping
you back.**

Dr. Sonya Friedman

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FRIDAY

**For every minute you are angry, you
lose sixty seconds of happiness."**

Ralph Waldo Emerson

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SATURDAY

**God gave you a gift of 86,400 seconds
today. Have you used one to say
“thank you”?**

William A. Ward

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Reclaim Your Joy!

30 Ideas in Less Than 30 Minutes

We all experience valleys and have to find our way back to wholeness. This fast-paced teleseminar helps you identify practical things you can do to reclaim your joy, whether it's been 24 hours, 24 days or 24 years since you last remember living joyfully.

This 30-minute session is packed from start to finish with tips, challenges, questions you should ask yourself and options for action! In less than 30 minutes, Tracy will give you 30 ideas or resources you can use to experience more joy in your

Journey to Joy!

Webinar and Group Coaching Series

For many of us reclaiming our joy is a journey. It doesn't happen in 30 minutes of fun tips. So we also offer the Journey to Joy class. It's 4 weeks of specific activities to incorporate in your life delivered by webinar and email. At the end those 4 weeks we get on the phone together for a group session to share our successes and work together on ideas for remaining challenges.

Join us and get the guidance and support you need to experience more joy in your life every day!

www.ReclaimJoy.com

The Joy Journal®

- Quotations to inspire you
- Room to write or draw
- Wisdom designed to challenge you to tap into the joy within more easily and more often
- Reminders to affirm what you already know and do to experience joy in your life

[Available through Amazon.com but check our site for release dates and periodic discount codes.]

Joy Wisdom

And when you visit www.ReclaimJoy.com, share what you have learned about living in joy! Go to the “Joy Wisdom” page and post a comment that answers the question:

How do YOU reclaim your joy?

www.ReclaimJoy.com



NO MATTER WHAT EXPERIENCE YOU'RE
IN, YOU CAN CHOOSE JOY FROM WITHIN!

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