



Ignite Your Joy

A 4 WEEK JOURNEY TO IGNITE YOUR JOY
AND LIGHT UP YOUR LIFE

WEEK 4

Janette Stuart

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Rampage of Appreciation

The Rampage of Appreciation can be practiced anytime or anywhere. You can simply begin by noticing something in your midst that pleases you. Ponder and expand upon the reasons why it pleases you. You can write these things down or just make a mental list. Either way benefits you. You can also choose an object, person or event to create your own rampage of appreciation. My friend likes to choose a topic and using the alphabet chooses a word that suits her that begins with each of the 26 letters.

The result of this exercise is that it raises your level of appreciation by raising your vibration. You can literally shift your vibration in a few minutes by trying this exercise. As we've learned earlier in this coursework, the highest vibrations we can feel are love/joy/appreciation. You can re-visit Week One content for a review of our Joy-o-Meter.

I've created a worksheet for you on the next page. Feel free to print it out and include it in your Ultimate Guide to Joy.

Notice something in your midst. Ponder and expand the reasons why it pleases you. Choose an object, person or event.



The Rampage of Appreciation Worksheet

OBJECT, PERSON OR EVENT THAT IS PLEASING TO ME: _____

Why this pleases me:

OBJECT, PERSON OR EVENT THAT IS PLEASING TO ME: _____

Why this pleases me:

OBJECT, PERSON OR EVENT THAT IS PLEASING TO ME: _____

Why this pleases me:



Create Your Own Book of Positive Aspects

At the top of the next page write down the topic that you want to list the positive aspects of. You can choose something, someone, an event, a destination, etc. Begin by making a list of someone or something you always feel wonderful about when you consider them. You can also make a list of positive aspects about a person or situation that does not always feel good when you consider them. (This is where breakthroughs happen!)

The result of this exercise is that it literally improves the situation you are listing using the powerful Law of Attraction. After doing this practice, I noticed that a coworker who I had ill will towards no longer bothered me. That was huge! Was it the person that changed or was it my practice? I know it was my practice.

Please see the next page for a worksheet you can use for your Book of Positive Aspects. Feel free to print it out as many times as you'd like.



My Book of Positive Aspects

(Name of something, someone, an event, a destination, etc.)

In the space below, list all the positive aspects about this person, place, thing, event:



Gratitude or Miracles Jar

I have been enjoying this practice for a few years now. I have a jar on my dining room table which I see several times during the day. I regularly add a slip of paper documenting my gratitude into the jar when something great happens.

At the end of the year, I have a ceremony where I light a candle, count my blessings and read my gratitudes from the year. It is a wonderful practice. I have had to get a larger jar to hold my ever expanding gratitudes for the year and isn't that just the best metaphor for us on our path of joy?

Gratitude Journal

On and off over the years, I've enjoyed the practice of keeping a gratitude journal. I've usually done it for a 30-day period or longer. Each day (or night) write what it is you are grateful for that day and why. Some teachers state no repeats, but I'm not that stringent. I think repeats are just fine. The important thing is to list what it is you are grateful for each day and why you are grateful for that item. This practice is literally counting your blessings and also attracts more things to be grateful for using the powerful Law of Attraction principle.

Thank You or Gratitude Notes

I have always been a lover of paper, writing, pens, stationery...since I've learned to write.

As a child we were always encouraged to write a thank you note when someone gave you a gift. It was mandatory. We have moved away from that custom as a society, yet I relish giving and receiving cards in the mail. Last year, I started to send out 100 letters to people in my life who have made an impact in my life. Each letter was sent with detail and so much love. I only got through part of my list and hope to continue this practice in the near future.

I encourage you to consider starting a practice of sending out hand-written notes of love and gratitude to those you hold dear.

This image shows a full page of white paper designed for handwriting practice. It features 20 evenly spaced, horizontal dashed gray lines that run across the entire width of the page. There are no margins, text, or other markings present.

Closing Blessings

I am so grateful you have come along on this four-week journey of joy with me. My heart is so full of love and gratitude for you. Thank you for showing up for you and for your joy.

This journey has been such a blessing for me. I trust you have received what you have needed from this experience.

If I can support you in any way, please do not hesitate to reach out. You can contact me at janette@angel-angles.com

Blessings of love, joy and peace,

Janette

About Janette!



Janette Stuart is a Best Selling Author, Certified Angel Card Reader, Blogger, Military Mom, and Emissary of Joy at Angel Angles with Janette Stuart.

Her mission is to assist you to own and embrace your Divine Beauty and live a life of love, joy, and peace.

Gentleness and Joy are her Superpowers.

Love, Joy, & Peace

Own Your Divinity
Embrace Your Divine Beauty.
Live in Love, Joy, & Peace.

Angel Affirmation



THE MORE
GRATITUDE YOU
CULTIVATE: THE
LESS STRESS,
WORRY, AND
ANXIETY YOU'LL
HAVE IN YOUR
LIFE.

- JANETTE STUART



Next Steps

Experience an Angel Reading

Angel readings with Janette are a gentle, beautiful way for you to connect and receive guidance from God's divine messengers; your angels. It's like having a warm, inviting conversation with a trusted friend or loved one.

You will leave feeling uplifted, surrounded and filled with love. You will receive a loving, individualized and confidential session via phone or in-person with special arrangements. Janette uses a variety of oracle cards to enhance the divination process during the reading.

Janette is a Certified Angel Card Reader™ with Dr. Doreen Virtue

She has developed her own inspirational card deck "Love Notes from The Divine" which are divinely inspired images and messages.

Blessings of love, joy, and peace to you, dear one.

Love,

Janette



[SCHEDULE TODAY](#)