



Ignite Your Joy

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

WEEK 2

Janette Stuart

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Find Your Joy Word Search

WORDS TO FIND

Pets	Grace	Nature	Wellbeing	Dance
Love	Connection	Motion	Celebration	Chocolate
Joy	Kindness	Peace	Beauty	Family
Ease	Delight	Angels	Friends	Lightheartedness
Trust	Goodness	Wonder	Divine	Music
Dreams	Creating			

A	N	G	E	L	S	R	S	B	C	B	R	M	O	T	I	O	N	B
T	C	B	E	U	A	M	G	E	E	B	G	E	F	B	C	S	O	S
U	V	T	P	I	A	P	A	H	C	A	V	Q	V	J	S	N	G	S
N	E	R	I	E	A	S	P	F	B	C	U	B	C	G	J	A	R	E
D	E	E	R	O	E	C	O	N	N	E	C	T	I	O	N	T	A	N
A	L	D	E	L	I	G	H	T	C	R	H	C	Y	O	D	U	C	D
N	U	N	I	S	R	C	E	E	L	R	U	H	F	D	E	R	E	E
C	F	O	C	E	L	E	B	R	A	T	I	O	N	N	B	E	O	T
E	G	W	H	E	E	S	M	D	P	E	A	C	E	E	O	B	Y	R
D	R	F	G	C	Y	B	U	U	S	C	F	O	Y	S	C	G	H	A
I	O	K	B	O	F	I	S	R	A	C	E	L	X	S	S	R	Y	E
V	W	E	L	L	B	E	I	N	G	E	I	A	G	D	C	T	H	H
I	T	B	Y	N	A	H	C	E	W	M	R	T	N	A	T	R	N	T
N	H	L	S	A	D	A	P	A	A	S	S	E	C	E	C	U	H	H
E	I	T	L	O	V	E	Y	F	H	K	I	N	D	N	E	S	S	G
W	E	C	R	E	A	T	I	N	G	R	B	Z	S	E	U	T	K	I
P	P	B	U	B	Y	M	A	N	F	E	R	A	E	H	A	R	P	L

Setting Intentions

Setting an intention for the day is setting a course of action for your success by letting you be in control of not only where you go and what you do, but in how you will do it.

You choose it all: your attitude, the way in which you want to present yourself to the world and the way you choose to feel during the day. It's all up to you.

If we don't set an intention, we just bob around at the whims of others like a piece of driftwood in the surf. It is empowering to take control of our destiny by setting an intention for the day and focusing upon that intention as we move throughout our day. We can always choose a higher feeling attitude, and we will be so grateful that we did.

Here are a few examples:

Today I choose to radiate love.

Today I choose to be loving with everyone I encounter, even myself.

Today I choose to forgive.

Today I choose to see the best in myself and others.

Today I choose to make wise decisions that benefit me and my family.

Today I choose to rest and rejuvenate.

Today I choose to flow through my day with ease and grace, knowing I am Divinely loved and protected.

Use the Daily Joy sheet on the next page to set your morning intentions. Get intentional with creating your day.

Daily Joy

Date:

S/M/T/W/T/F/S

TODAY I FEEL:

MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

How do you want to feel today?

What do you want to accomplish today?

EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

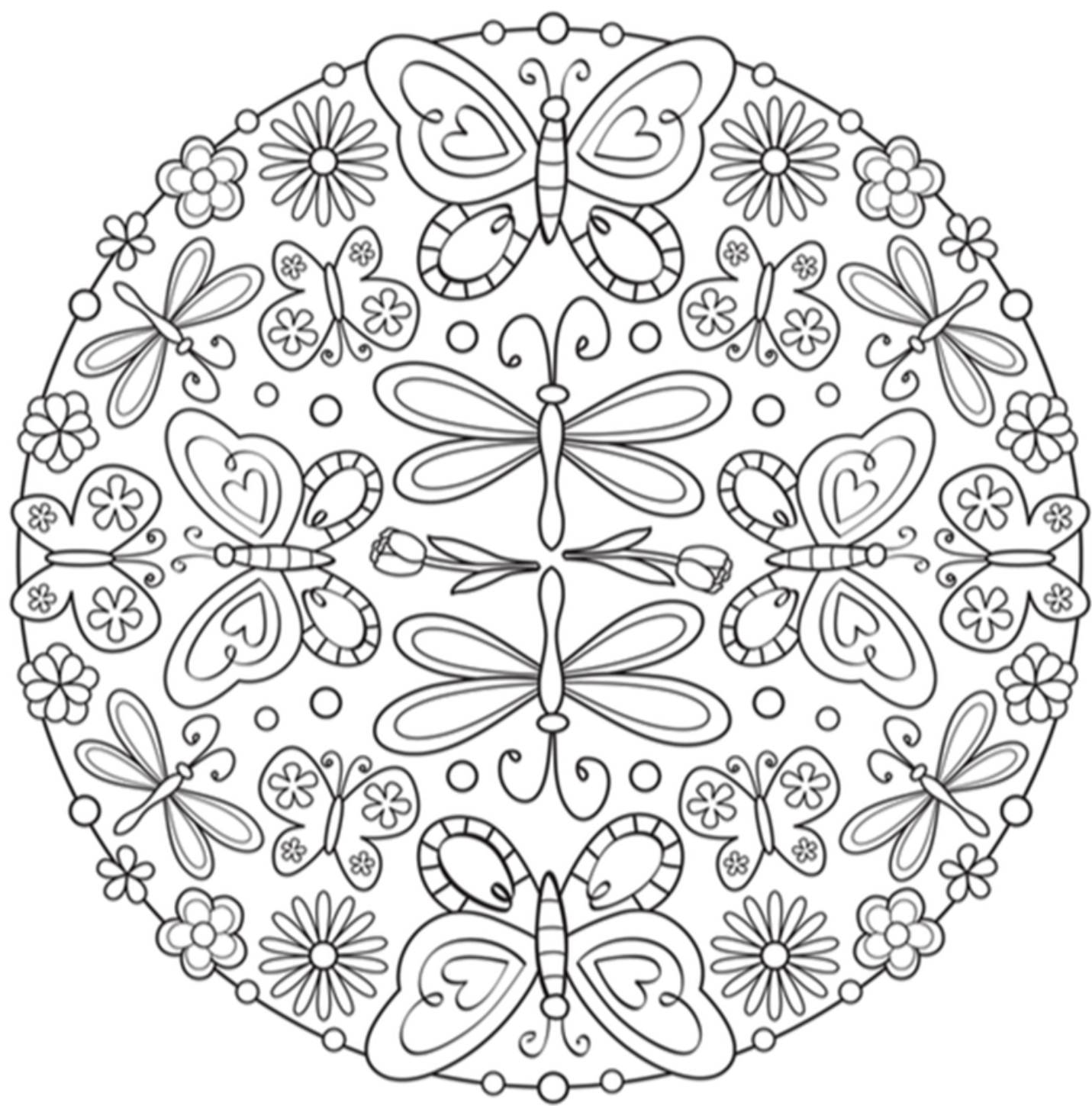
How did you feel today?

What did you accomplish today?

GRATITUDE JOURNAL

AFFIRMATION

JOY LEVEL



Daily Spiritual Practice

I love how Julia reframed her “non-negotiable” spiritual practices as her “most of the time things.” She isn’t rigid with her daily spiritual practices. She offers herself grace and this enables her to look at her daily spiritual practices as blessings rather than as obligations.

Julia shared with us the acronym, D.A.N.C.E., which guides her through her daily spiritual practices:

D - Dance. Whether that be five minutes of yoga or five minutes of salsa dancing. As long as she moves her body in some way during the day, that’s the main point.










A - Affirmations or awareness of tuning into what the soundtrack is in her head.

N - Notes or journaling.

C - Celebration and gratitude. She looks around and sees the beauty and blessings around her and breathes that in.

E - Embrace. She gives herself a “self-love hug” and says “I love my whole self and I let life love me.”

What are some things that you might consider making part of your daily spiritual practice?

-  Meditation
-  Visualization
-  Yoga
-  Walking in Nature
-  Affirmations
-  Journaling
-  Prayer
-  Writing a Gratitude List
-  Breathing Exercises

My Daily Spiritual Practice

- | | |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

Items That Bring Joy

Look around your home for items that bring you joy. List them below and write a little about why that item brings you joy.

Some examples of items I have in my home that bring me joy:

Item: *Joy ornament*

Why it brings me joy: *Reminds me of my word for the year in 2016, which was "joy."*

Item: *Mug that says, "Peace, Joy & Love"*

Why it brings me joy: *I got it from a dear friend, and when I look at it I think of her and all the love, joy, peace in my life.*

Please see the next page where I have included a worksheet that you can print out to list the items that you have in your own home that bring you joy and why they bring you joy. Again, please feel free to print it out as many times as you'd like.

Items That Bring Joy



WHAT BRINGS YOU JOY?

INSTRUCTIONS: Write the things that have brought you JOY and then dig a little deeper. What was it specifically that brought you JOY? Explore.

ITEM



WHY IT BRINGS ME JOY

ITEM



WHY IT BRINGS ME JOY

ITEM



WHY IT BRINGS ME JOY

ITEM



WHY IT BRINGS ME JOY

ITEM



WHY IT BRINGS ME JOY



My Favorite Songs

What are some of your favorite songs to shift you in a more joyous mood just by hearing it play? List them below.

[illegible]

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



I AM GRATEFUL
FOR THE MANY
BLESSINGS IN MY
LIFE AND EXPRESS
MY GRATITUDE
OFTEN.

- 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](#)