



# *Ignite Your Joy*

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

WEEK 1

*Janette Stuart*



My  
Ultimate Guide  
to  
Joy



JOYFULLY CREATED BY



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Janette Stuart, Angelic Practitioner

[www.Angel-Angles.com](http://www.Angel-Angles.com)



# *Making Your Own Ultimate Guide to Joy*

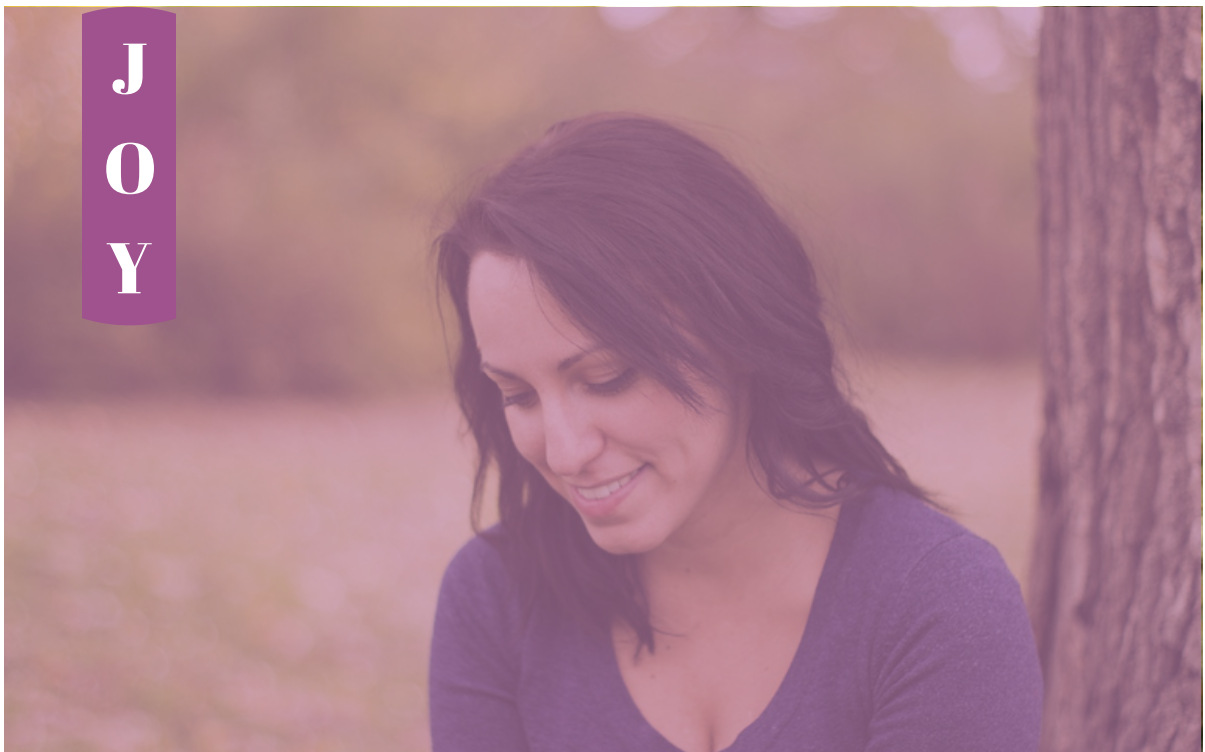
Your Ultimate Guide to Joy will be a place that you can go to over and over again whenever you need a reminder of where you find your joy. It will be a place of inspiration and deep love.

You can make your Ultimate Guide to Joy using a three-ring binder. The white ones with the clear pocket on the front are great because you can slip your own beautiful cover into the clear pocket and make a gorgeous binder for yourself.

I have included two covers that you can use for your Ultimate Guide to Joy binder. One has decorative flowers and the other is just plain white with a pretty pink font in case you'd like to decorate it yourself.

You can also use any other notebook of your choosing, or you can even create a document and keep your Ultimate Guide to Joy right on your phone or other electronic device.

A great benefit of using a three-ring binder is that you can use tab dividers and organize all the various ways you find joy. This can help you find what you are looking for more quickly and easily. You could have sections for: songs, movies, TV shows, books, poems, quotes, etc.



# My Joy List

To begin, I invite you to consider three (or more) things that bring you joy. Try to come up with as many things as you can, no matter how “small” or “insignificant” it might seem to you. What lights you up?

Think about the last time you felt joy...what were you doing? Write it down in one of the spaces below. If you are looking for some ideas, here are a few joyful prompts:

- ◆ Thinking about a loved one
- ◆ Spending time with a pet
- ◆ Spending time in nature
- ◆ Creating something beautiful
- ◆ Eating a favorite meal
- ◆ Reliving a favorite experience
- ◆ Daydreaming about or getting away to a favorite destination
- ◆ Spending the day in your pj's
- ◆ Listening to music that fills your heart with joy
- ◆ Watching a favorite movie

## Things that bring me joy

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



# *Permission Slip*

BECAUSE YOU DESERVE IT

Just for fun, and in case you need a visual reminder that you are entitled to live a joy-filled life, I am including a permission slip on the next page, which you can print out and add your name to and include in your Ultimate Guide to Joy.

*To You Beautiful One*

# *Permission Slip*

*I, \_\_\_\_\_*

*I allow myself to receive unlimited  
JOY each and every day.*

*I look for JOY in every situation.*

*I rejoice when I encounter JOY.*

*My JOY helps me feel better and  
helps make the world a better place.*

*I embrace JOY now.*

*I am free.*

*signed \_\_\_\_\_*

*From Your Angelic Team*



# *Tracking Your Joy*

I encourage you to begin keeping note of where you find joy and why it brought you joy. This will help shift your focus to more and more joy as you create your own Ultimate Guide to Joy.

Maybe you felt joy while walking your dog. What was it, specifically, that made you feel joy? Was it the breathtaking, cerulean blue sky? Or perhaps clouds were rolling in and you could smell the scent of rain in the air. Maybe it was the light, warm breeze on your skin. Try to really hone in on the exact thing that made you feel joy in your heart.

Maybe you felt joy while making homemade lasagna. Was it the act of cooking itself that brought you joy? Or maybe it was the delicious aroma of lasagna baking in the oven. Maybe it was the memories of baking lasagna with your grandmother that brought you joy.

If you dig just a little deeper to discover where the joy really comes from, it will be easier to recreate a joyful experience when you are in need of a joy boost. In the example of feeling joy while baking homemade lasagna, it wasn't actually the act of making homemade lasagna, but the memories of making it with your grandmother that brought you joy.

So, when you need a joy boost, rather than baking another lasagna, perhaps you could look at photos of your grandmother and experience joy in your heart simply by gazing upon her smiling face and letting all those joyful memories bubble up in your heart and mind.

Please feel free to print out the next page as many times as you'd like, so you always have a space to capture where you find your joy and what specifically it was that brought you that feeling joy.

# My Joy Tracker



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.

I FELT JOY



THE THING THAT SPECIFICALLY  
BROUGHT ME JOY

I FELT JOY



THE THING THAT SPECIFICALLY  
BROUGHT ME JOY

I FELT JOY



THE THING THAT SPECIFICALLY  
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I FELT JOY



THE THING THAT SPECIFICALLY  
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I FELT JOY

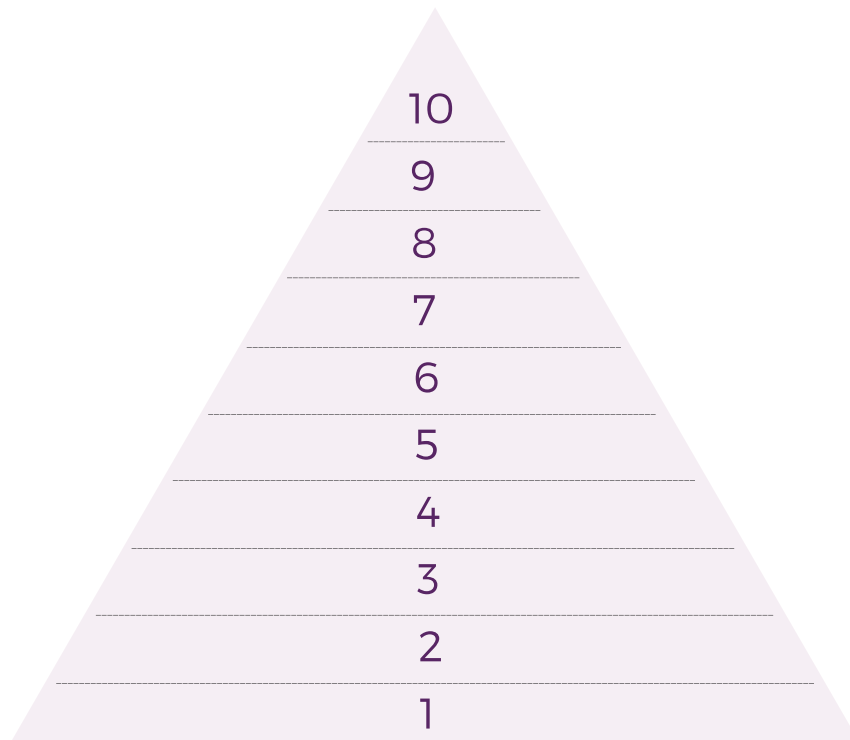


THE THING THAT SPECIFICALLY  
BROUGHT ME JOY

# Joy-O-Meter

Another important consideration is to select where we are in our joy journey as a starting place, and we'll check in periodically along the way and again at the end of our journey. This way, we can track our level of growth along the way.

On the next page you'll find my "Daily Joy Sheet" Please print this out to include in your Ultimate Guide to Joy.



## Feelings on Joy-O-Meter

10. Joy, Appreciation, Love, Freedom
9. Passion, Enthusiasm, Eagerness, Happiness
8. Positive Expectations
7. Hopefulness, Optimism, Contentment
6. Disappointment, Boredom, Frustration, Pessimism
5. Worry, Blame, Doubt
4. Discouragement
3. Anger
2. Jealousy, Hatred, Revenge
1. Fear, Despair, Unworthiness, Guilt

# Daily Joy

Date:

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

TODAY I FEEL:

## MORNING INTENTIONS

Morning Thoughts Feelings & Intuitions

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How do you want to feel today?

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What do you want to accomplish today?

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## EVENING REFLECTIONS

Evening Thoughts Feelings & Intuitions

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How did you feel today?

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What did you accomplish today?

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## GRATITUDE JOURNAL

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## AFFIRMATION

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## JOY LEVEL

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# *The Joy of Your Inner Child*

What did you love to do as a kid that brought you joy? (Please know that it's ok if you don't remember or can't think of any joyful events from the past.)

Start by gathering an image of yourself as a child. It can be a photograph or a drawing or representation of a young you.

We each still have this precious inner child within, waiting to be tended to, to be loved, to be nurtured. One of the ways we can tend to, love and nurture our inner child is to do some activities we loved to do as a child. Things like, coloring, playing with Play-Doh, finger painting, paint-by-numbers, drawing, paper dolls, singing along to our favorite songs, hula hooping, playing jacks, snuggling into your sleeping bag and watching your favorite movie, etc.

I invite you to fill out the next page with activities you loved to do as a child.



# *Things I loved to do as a Child*

IN THE SPACE BELOW, LIST ALL THE THINGS YOU LOVED TO DO AS A CHILD



# *My Favorite Childhood Foods and Drinks*

IN THE SPACE BELOW, LIST ALL THE THINGS YOU LOVED TO  
EAT AND DRINK AS A CHILD

# *What is Your Inner Child Hungry for or Craving Today?*

Here's an invitation from the angels using my inspirational card deck "Love Notes from The Divine." They want you to consider being playful.

*"Beloved, the time is right for you to make time for play today."*

Will you listen to the wisdom of the angels and your inner child today? Even a few moments of childlike pleasure/wonder can increase your level of joy.

Here's a few ideas to spark your imagination:

- ◆ Enjoy a peanut butter and jelly sandwich on white bread with the crusts removed.
- ◆ Take yourself to the park and swing or go down the slide
- ◆ Color (there's a coloring page in this workbook for you on page 22)
- ◆ Read a book from childhood you cherished
- ◆ Build yourself a fort and take a nap in it
- ◆ Have a tea party or play dress up
- ◆ Watch a movie or show you loved as a kid



# *My Inner Child is Craving*

IN THE SPACE BELOW, LIST ALL THE THINGS YOUR  
INNER CHILD IS CRAVING TODAY



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Suzanne  
Lippman

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# *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*



YOUR JOY IS  
CONTAGIOUS.  
YOUR JOY IS A  
PUBLIC  
SERVICE TO  
YOU AND THE  
WORLD.

- 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](#)