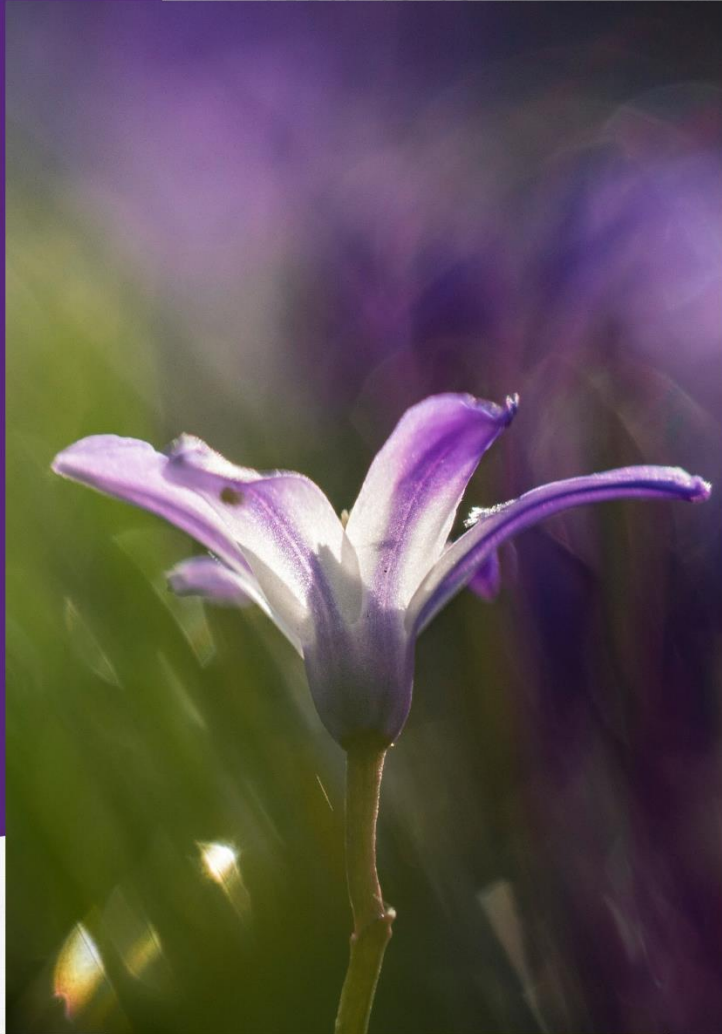


DEVOTION



GRATITUDE

SELF-CARE

*Angel*  *Angles*  
with janette stuart

Hello, dear heart, and thank you for your interest in self-care, gratitude, and devotion which will assist you in stepping forth in your power.

Devotion, self-care, and gratitude are important parts of my life. I employ all of these aspects regularly in my days. I'm so thrilled you are interested in practicing them or enhancing your practice.

This booklet includes 4 sections.

- Devotions
- Gratitude Journal
- My Journal
- Self-Care Ideas

There are daily devotions for 7 days which you can repeat again and again. They're passages from my "On a Path of Joy" devotional books available worldwide on Amazon or on my website.

There is a gratitude journal for you to write down all the things you are thankful for. Gratitude is a transformative tool and a sure way to reduce stress, worry, and anxiety.

There is a my journal section complete with 21 journal prompts to spark your creativity. There are lots of blank pages for you to write down and record your thoughts. As a writer, I write every day and it's one of my joys in life.

Finally, there is a section for self-care ideas. Make sure to schedule time for this imperative practice. Self-care is not selfish. It not only benefits you and all those you influence but is a contagion for good in the world. The better you feel, the more good you ripple out into the world. Self-care is actually a public service and makes you a contagion for good. Be a contagion for good.

I am so grateful for you. I hope this booklet blesses your heart and life. If I can support you in any way, please let me know.

Love,

Janette

Emissary of Joy

Angel Angles

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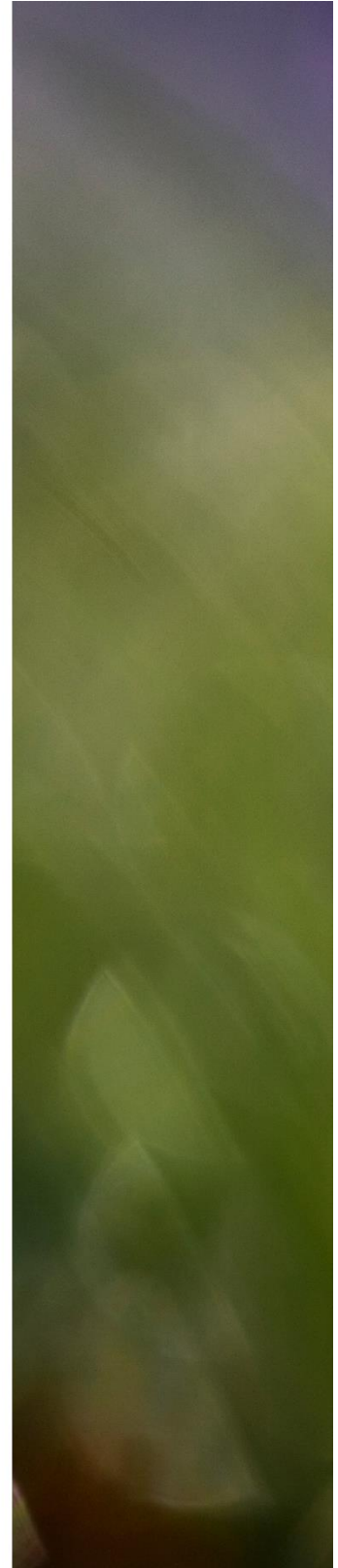
*Angel*  *Angles*  
with janette stuart

# *Devotion*

7 DAILY DEVOTIONALS TO DELIGHT YOUR  
BODY, MIND AND SPIRIT

FROM THE BOOK SERIES  
"ON A PATH OF JOY"  
BY JANETTE STUART

*Angel*  *Angles*  
with janette stuart



*You are  
a  
precious  
gift.*

DAY ONE  
DEVOTION

Today, this precious love letter from the Divine is your devotional. It is written to give you love, encouragement and remind you how precious you are to God.

Remember, you are the only you ever made and have been formed precisely as the beautiful creation you are. Your unique gifts, talents and desires are what give you joy and what set you apart from anyone ever in the course of time.

Follow the joy. Today, do something you love even if it is just for a few minutes.

Your life matters.

You matter.

You are loved.

*Angel*  *Angles*  
with janette stuart

Our ego loves to complicate matters, overthink things and tell us that we must work hard and suffer, and that maybe if we are lucky enough, we might deserve joy. The beautiful truth is our higher Self wants us to choose love, choose joy. These are much higher vibrations.

If we listen to the wisdom of our soul, it points us in the right direction. We are pure, Divine energy within a human form. We have the wisdom of the ages flowing through our veins. We have ancient wisdom. Our soul knows the way.

When faced with a decision, make the one which will bring you the most joy. Your Creator wants only love, joy and peace for you. Let's follow the Divine wisdom and follow the joy.

Listening to the whispers of our soul takes some cultivation. Getting still and quiet, enjoying time out in nature or by a source of water makes for some excellent "soul reception."

When in doubt, follow the joy. Your soul knows the way.

*Angel*  *Angles*  
with janette stuart

# *Follow the Joy*

DAY TWO  
DEVOTION

*Slow  
down  
and  
savor  
the  
goodness*

DAY THREE  
DEVOTION

Oh what a treat it is to take it easy, slow it down, look around and really experience the goodness and the beauty in our lives. We tend to rush, rush, rush, pushing faster and faster, cramming more and more into our lives.

Today, your invitation is to slow everything down and delight in savoring the goodness, the beauty, and the blessings in your life right now, even for only a few minutes.

If you believe you are too busy to slow down just now, dear one, the more you need this reminder. Often, if we don't make the time to slow down, our body will react with its own way to slow us down and that is usually with illness or injury. A loving reminder: even a few minutes of slowing down the frenetic pace of life will do you a world of good. And so it is.

*Angel*  *Angles*  
with janette stuart

This is such an important message and a loving prescription to benefit us today. Our world is so busy, noisy; we are connected all the time with phones, computers, music, television and the like.

Today, give yourself a break from it all by unplugging for a while and taking some time to rest, rejuvenate and allow the voice of God to whisper to you. Open your heart and mind to receive the goodness and grace that tenderly calls your name. It's also a wonderful exercise to extend this time of unplugging for a longer time period as your schedule dictates. Place an unplugging date on your calendar and savor the Divine wisdom that flows to you.

After unplugging and communing with the Divine, your spiritual battery will be recharged. You will be renewed and refreshed with Divine loving and healing. You are invited to delight in that goodness today, dear one. And so it is.

# *Unplug and Recharge*

*Go  
outside  
and  
have  
some  
fun.*

DAY FIVE  
DEVOTION

Even a few minutes outdoors helps clear our minds, body and soul of anything that is weighing us down. Being outdoors in the spaciousness of nature is so soothing and helps provide perspective and clarity. It helps us replenish our personal power by increasing our sense of joy.

How can you let a little bit of the outside world into your day today? Some ideas could be to walk during a work break, eat your lunch or take a break outside. During inclement weather, you can visit a florist, nursery or even enjoy the view from a window in the comfort of your home or office.

Feel free to use the Notes section at the back of this book to list some ideas for future fun you plan to enjoy or to journal about a favorite spot where you've experienced fun.

*Angel*  *Angles*  
with janette stuart



What a gift it is to be able to move our bodies freely, especially outside in the beauty of creation. We are especially grateful for this ability if we have had an injury or illness that has prohibited us from doing so.

What a gift it is to be able to go where we choose and do what we please.

Today, your invitation is to acknowledge the miracle of the body you have and to have gratitude for the ability to move. Thank you, God, for this gift.

We tend to push ourselves too hard, thinking we must be busy, take action, push, push, push in order to “get it all done.”

Today, the Angels are reminding you to treat yourself as a beloved child, for indeed you are, precious one

*I am  
grateful  
to move  
my body.*

*I treat  
myself  
with  
loving  
kindness.*

DAY SEVEN  
DEVOTION

Take some time today just for you. It need not be a long time; quality is the key, not quantity.

How can you treat yourself with some loving kindness today? Use the Notes section in the back of this book to journal or make a list of possibilities for today and for the near future when you can devote some time to experience the splendor of loving kindness.

Here are some ideas:

- Buy yourself some flowers.
- Visit a spot you enjoy.
- Enjoy a favorite hobby, treat, or connect with a loved one.
- Move your body out in nature.

Here's to you, dear one, as you treat yourself with loving kindness today.

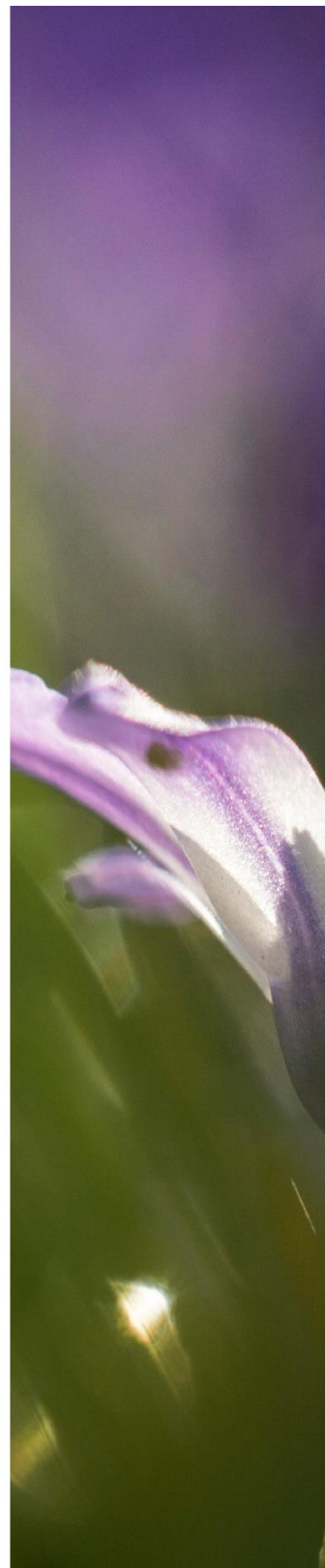
*Angel*  *Angles*  
with janette stuart

# *Gratitude Journal*

GRATITUDE IS SO GOOD FOR ME.

BY RECORDING WHAT I'M THANKFUL FOR,  
MY VIBRATION RAISES HIGHER.  
IT'S GOOD MEDICINE FOR MY BODY,  
MIND AND SPIRIT

*Angel*  *Angles*  
with janette stuart





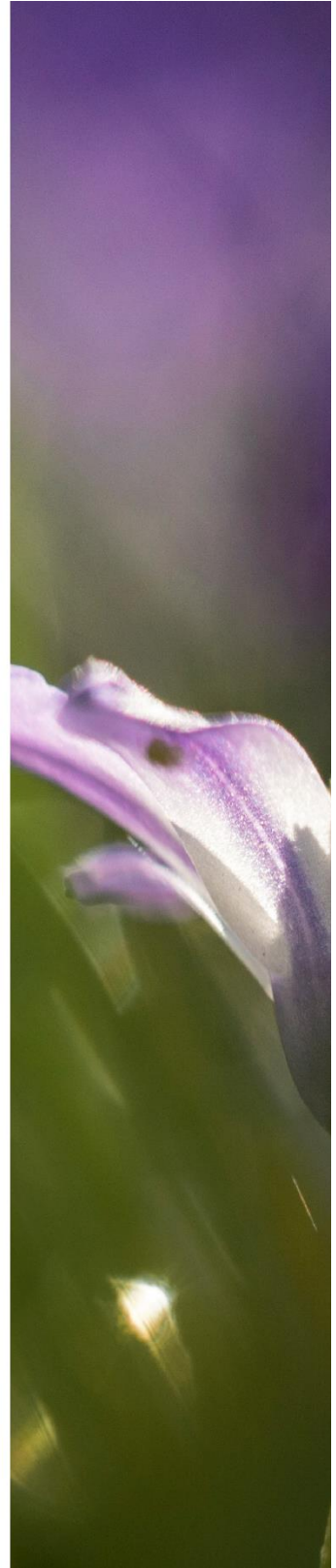




# *My Journal*

JOURNAL PROMPTS AND LOTS OF ROOM  
TO RECORD YOUR THOUGHTS  
TO DELIGHT YOUR BODY, MIND AND  
SPIRIT

*Angel*  *Angles*  
with janette stuart



# Journal Prompts

Today, I am feeling...

\_\_\_\_\_ is so important to me because \_\_\_\_\_

One of the best things about me is \_\_\_\_\_

A fun memory from childhood is \_\_\_\_\_

When I was little, I wanted to be a \_\_\_\_\_

My favorite food is \_\_\_\_\_ because \_\_\_\_\_

A favorite place is \_\_\_\_\_

If I have 30 minutes to myself I will \_\_\_\_\_

If money were no object, I'd \_\_\_\_\_

People would be surprised if they knew this about me \_\_\_\_\_

My favorite subject in school was \_\_\_\_\_

My favorite animal is \_\_\_\_\_

Nature is \_\_\_\_\_ to me

I am at my best when \_\_\_\_\_

One thing I'm looking forward to is \_\_\_\_\_

Here's something I'm thinking about trying \_\_\_\_\_

One of the ways I honor myself is \_\_\_\_\_

My most precious possession is \_\_\_\_\_

The best thing about my current situation is \_\_\_\_\_

I'm thinking about changing \_\_\_\_\_

I wonder what would happen if \_\_\_\_\_





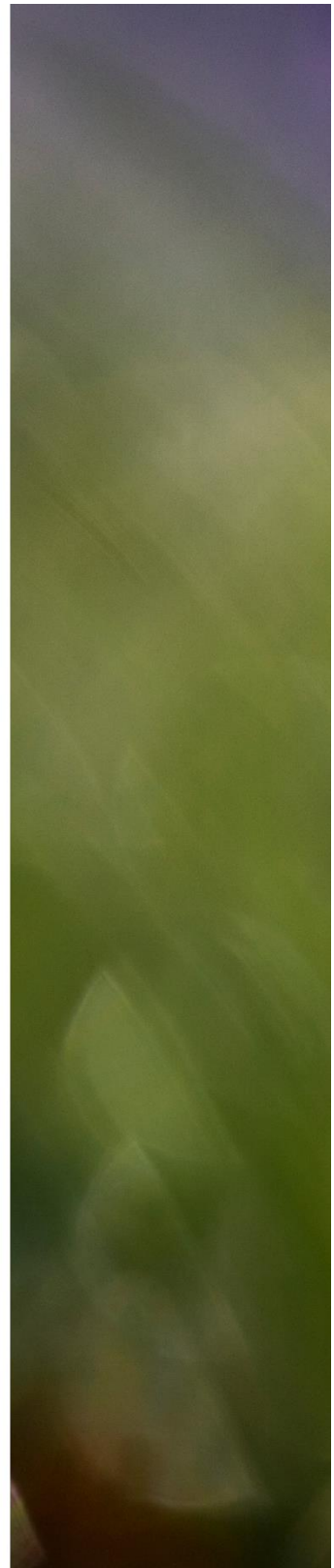




# *Self-Care*

YOU ARE WORTHY AND DESERVING OF  
SELF-CARE. IT'S NOT SELFISH. IT IS A  
BEAUTIFUL WAY TO HONOR THE GIFT OF  
YOUR LIFE. BY CARING FOR YOURSELF,  
YOU RIPPLE OUT GOODNESS AND GRACE  
INTO THE WORLD.  
BE A CONTAGION FOR GOOD.

*Angel*  *Angles*  
with janette stuart



# *Self-Care Affirmations*

I am grateful for this precious vessel: this beautiful body that houses my soul.

I am worthy and deserving of tending to myself.

I allow myself to receive goodness and grace.

I schedule time to regularly indulge in self-care measures knowing I am worthy and deserving.

I treat myself with great respect and dignity. I am so worth it.

I know that by taking good care of myself I am better able to navigate all areas of my life.

I get the rest I need.

I fuel myself with nourishing foods and beverages.

I am careful about who, what, and where I spend my time.

I say yes only when it feels right.

I allow myself to say no to protect my peace of mind.

# Self-Care Ideas

## Physical Self-Care:

Eat nourishing food

Get massages

Move your body

Get enough sleep

Wear clothes you love

## Emotional Self-Care:

Stay connected

Affirmations

Do pleasurable activities

Find things that make me laugh

Ask for help

## Mental Self-Care:

Unplug from technology

Self-Reflection/Journaling

Make time for fun

Read

Say No/Unable

## Inspirational Self-Care:

Spend time in nature

Make time for creativity

Identify what is meaningful for me

Meditate/Pray/Stillness

Read or listen to uplifting content









Janette Stuart: Emissary of Joy at Angel Angles and Well-Being and Wonder is a beacon of love, joy, peace, and gentleness. She is a #1 Best Selling author, speaker, teacher, blogger, military mom, and pancreatic cancer survivor who uses the gift of her words and positivity to assist others to embrace their divinity using tools such as her series of devotions called, "On a Path of Joy" and 1:1 Angel Sessions.

As an angelic practitioner, she shares goodness and grace and the healing beauty of nature frequently in her work to inspire others. She has developed an inspirational card deck called "Love Notes from The Divine" and is co-creator of "Words of Wisdom Guidance Cards" and shares daily messages of love and encouragement on social media. She and her friend Becky Wilbur, have a venture called Well-Being and Wonder and host live events to encourage others to embrace self-care and ways to improvise, adapt, and overcome life challenges.

Monthly, she teaches an online gathering celebrating our inner child through fun, creativity, and gentle movement at her Sanctuary of Joy. Each month the focus changes all while indulging our inner child.

Janette lives in the San Francisco Bay Area with her husband Mark of 37 years and their boxer dog Spike who rescued them 7 years ago. She has a grown son who is proudly serving in the United States Coast Guard and is one of her biggest joys in life. She retired in 2015 from a career in finance and human resources with 36 years of service and joyfully now does the work of her soul daily. Janette loves cooking, being out in nature, writing, and has an impressive collection of stationery, pens, and journals.

Connect with Janette here:

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