



A QUICK HIT OF JOY: HOW TO #FEELGOOD FAST

Robin Shear @joycoachrobin JOYTOTHEWORLDCOACHING.COM

THINK BACK . . .



#FEELGOOD

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ROBIN SHEAR, JOY COACH

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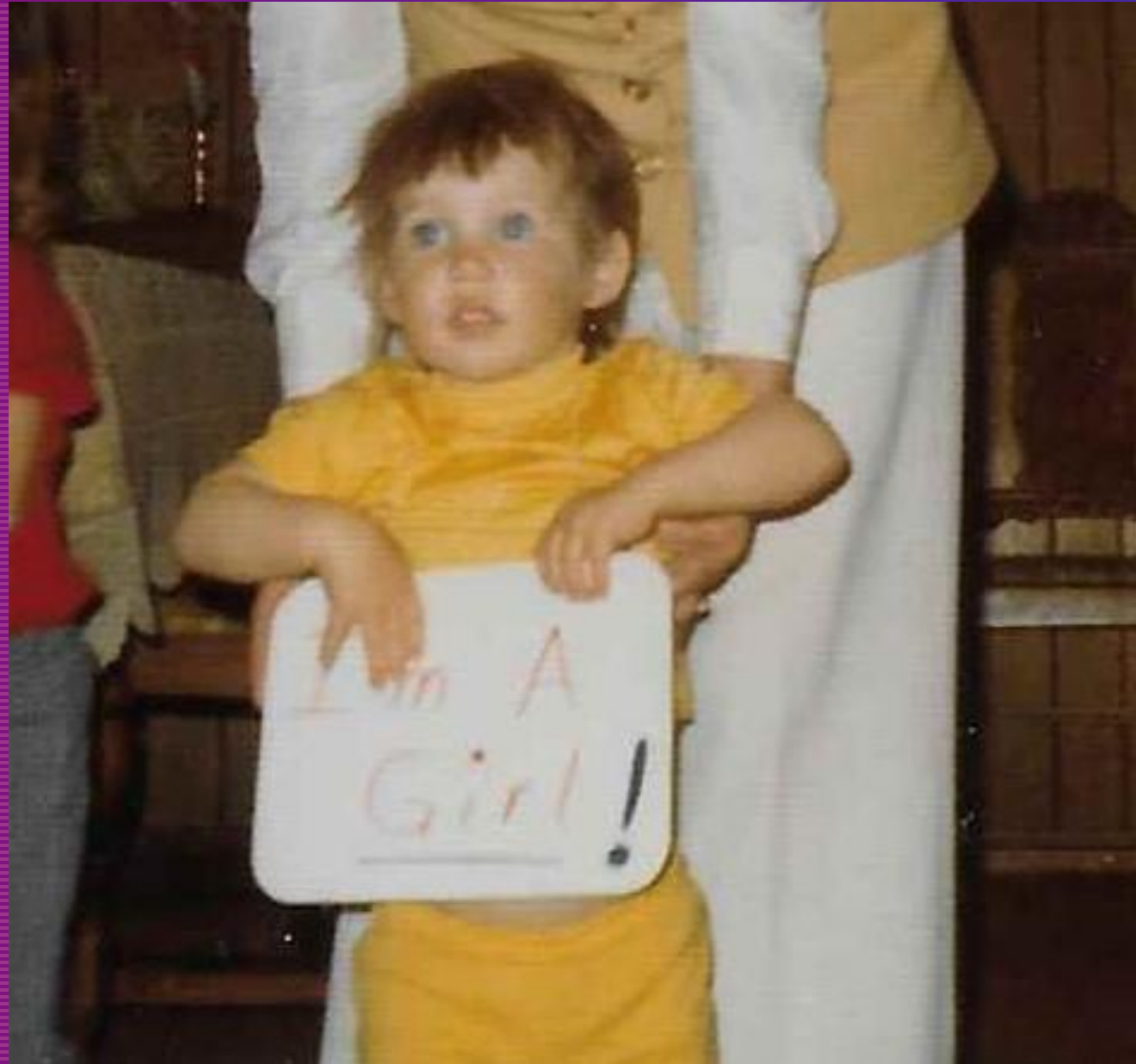
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TALK TO THE SIGN



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5 STEPS FOR A QUICK HIT OF JOY

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1. KNOW WHAT JOY IS... AND ISN'T

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Joy to the fishes in the deep blue sea

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COMPLETE THESE SENTENCES:

HAPPINESS IS . . .

JOY IS . . .

HAPPINESS IS:

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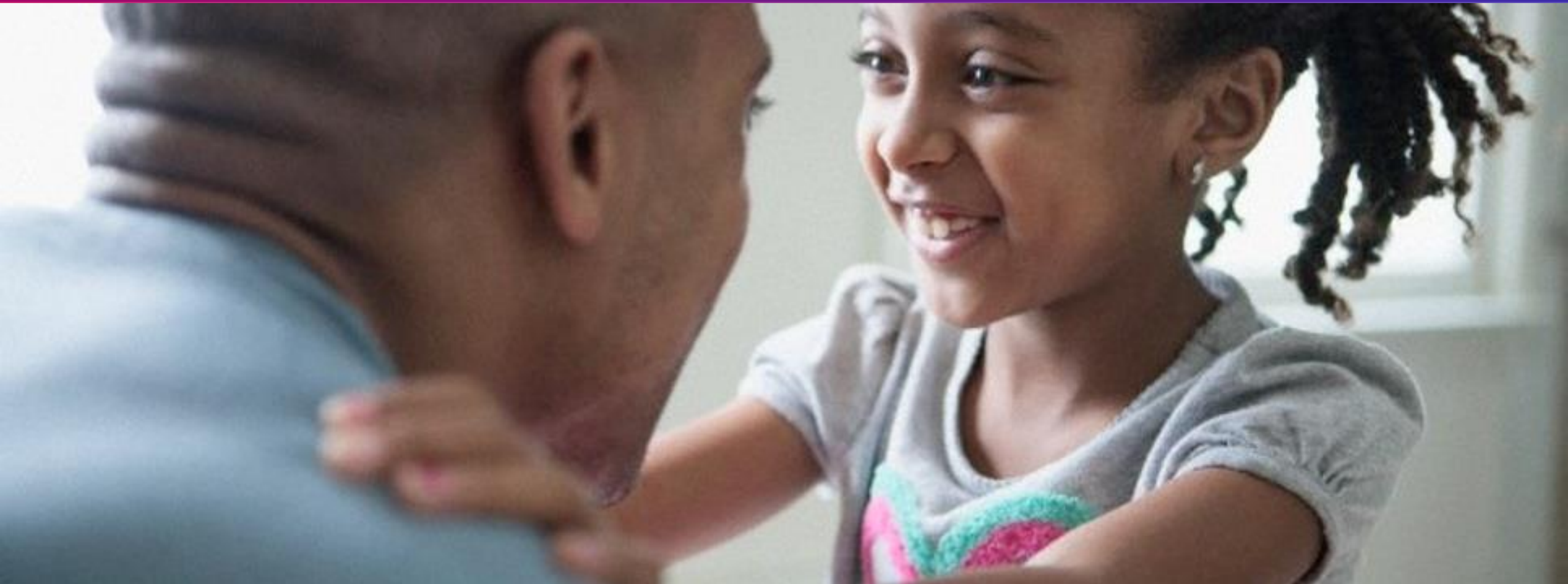
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JOY IS:

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1. KNOW WHAT JOY IS... AND ISN'T

2. MAKE A JOY BUCKET LIST

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1. _____
2. _____
3. _____
4. _____



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**NEED
HELP?**

**Scan for
10 Unexpected
JOYS**



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vevo

TONIGHT

11pm

OD
G

WHERE WILL YOU KEEP YOUR JOY BUCKET LIST?

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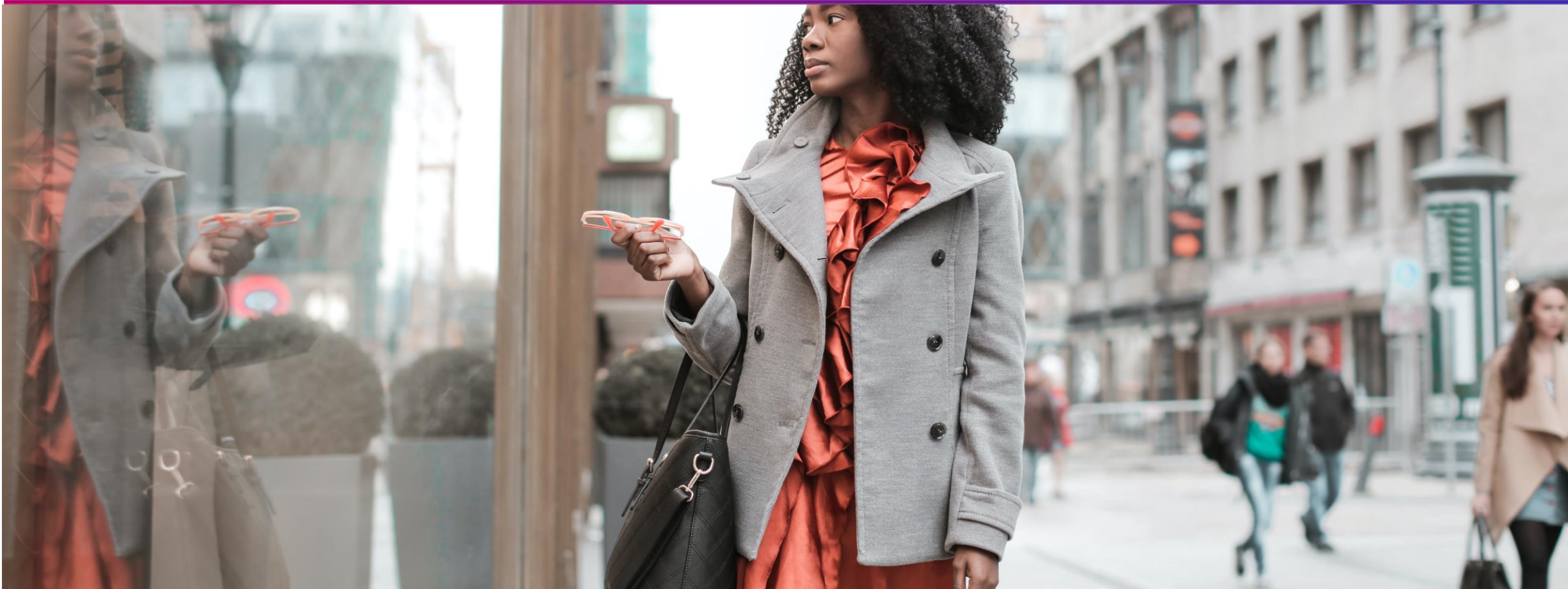
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1. KNOW WHAT JOY IS... AND ISN'T
2. MAKE A JOY BUCKET LIST

3. BELIEVE YOU DESERVE JOY

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WHAT STOPS US
FROM
BELIEVING
WE DESERVE
JOY?

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HOW TO TELL GUILT WHERE TO GO

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AM I DOING SOMETHING WRONG?

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WHEN THE ANSWER IS NO, TELL GUILT:

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LET'S COMBAT SOME HEAD TRASH



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**SAY IT UNTIL
YOU MEAN IT**

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HOW TO HAVE #WINNING UP DOWNS

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1. KNOW WHAT JOY IS... AND ISN'T
2. MAKE A JOY BUCKET LIST
3. BELIEVE YOU DESERVE JOY

4. SET A RECESS ALARM

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DO YOU REMEMBER WHEN...

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IT DOESN'T HAVE TO BE A BIG DEAL...

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BACK IN
5
MINUTES

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"AUDIENCE PARTICIPATION PORTION"

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3. BELIEVE YOU DESERVE JOY
4. SET A RECESS ALARM

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5. JOY IS CONTAGIOUS: SHARE IT!



Joy is contagious
BE A CARRIER. {ROBIN SHEAR}

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PICK A CARD, DADDY: STRENGTH IN NUMBERS

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YOU ARE INVITED TO JOIN MY JOY GROUP!

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KNOW
what
joy is



MAKE
a joy bucket
list



BELIEVE
you
deserve joy



SET
a recess alarm



SHARE
your joy

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THANK
YOU



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