



# JOY ACTIVATION EXERCISES

**These exercises are designed to be simple enough to do daily,  
yet powerful enough to change your vibration in minutes.**

## **1. The 60-Second Stillness Reset**

Close your eyes.

Put your hand on your heart.

Breathe in for 4... hold for 2... out for 6.

### **Say quietly:**

“This moment is enough. I am enough.”

This resets your nervous system and instantly brings your vibration into alignment.

## **2. The Joy Scan**

Ask yourself:

- What feels good right now?
- What feels light?
- What feels like relief?

Let your body answer, not your mind.

Joy often begins with the smallest sensation of ease.

## **3. The 10-Second Gratitude Spark**

Find one thing ( just one) that brings even the tiniest flicker of warmth.

A sip of coffee.

A memory.

A song lyric.

The sound of your dog breathing.

A beam of sun.

Joy expands when acknowledged, even in micro-moments.



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## 4. The Energy Release Drop

Imagine every heavy thought sliding off you like water running down your back.

### **Say:**

“This doesn’t belong to me anymore.”

Letting go is a joy-activator.

## 5. The Alignment Check


### **Ask:**

“Is this thought lifting me or lowering me?”

If it lowers you, choose again.

Not a perfect thought.... just a better one.

Joy grows from redirected attention.



## **DAILY JOY PRACTICES TO KEEP YOUR FREQUENCY STRONG**

### **Choose 1–3 each day:**

- Step outside for 30 seconds and let the air hit your face.
- Put your phone down and breathe intentionally for one minute.
  - Speak one thing you're grateful for out loud.
  - Put your bare feet on the floor and imagine roots grounding you.
    - Place your hand on your chest and say, "I'm here. I'm okay."
  - Do one tiny act of kindness... for you or for someone else.
  - Let yourself laugh at something, even if it's small.
  - Do one thing that brings relief, not perfection.

**Joy thrives when we create space for it.**



# JOURNAL PROMPTS

**Use these to integrate the course and anchor your joy frequency long-term.**

**1. What does joy feel like in my body?**

Describe sensations, softness, or memories.

**2. Where does my joy naturally show up?**

People, places, activities, moments.

**3. What steals my joy quickly...and why?**

Awareness is the first step to power.

**4. What would a “joyful version of me” choose today?**

Follow that.

**5. What is one joyful memory I can revisit when my heart feels heavy?**

Write it down so you can return to it often.

**6. What permission do I need to give myself to feel more joy?**

**7. What am I ready to release so joy has room to grow?**



## **INTEGRATING THE JOY RITUAL INTO YOUR LIFE**

Your joy practice does not need to be complex or time-consuming.

It only needs to be intentional.

Even one minute a day shifts your frequency.

Even one breath can bring you back home to yourself.

Even one joyful thought can redirect an entire day.

Joy is not the outcome... it's the path forward.

And you now have every tool you need to walk that path with clarity, peace, and alignment.

Love,

Carmel, Xx 