

# Follow Your Joy

**12 STEPS TO FIND JOY!**

A vibrant guide to  
grant you permission  
to pause and explore  
what joy means to you

## Use it as you need

AS A GUIDE OR JOURNAL PROMPT.  
HOW DOES THE QUOTE MAKE YOU FEEL?  
WHAT DOES THE PROMPT TRIGGER?  
HOW CAN YOU EXPLORE THIS?  
GGT CURIOUS AND FIND YOUR JOY!  
ENJOY!

Every sunset brings the  
promise of a new dawn

Ralph Waldo Emerson



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! Pause and reset each day!

One of the secrets of a  
happy life is continuous  
small treats.

Iris Murdoch



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2. Treat Yourself

Look deep into nature, and  
then you will understand  
everything better

Albert Einstein



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3. Play in nature, like a kid!

If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.

Nikola Tesla



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The ripples of the kind heart  
are the highest blessings of  
the Universe.



Amit Ray



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5. Human Connection is a gift!





We make a living by what  
we get; we make a life by  
what we give.

Winston Churchill



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6. Be Kind. Pay it forward

It's about mindset of looking at the world in a playful and curious and creative way.



Adam Savage



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2. Be playful and smile!

You don't need to be accepted by others. You need to accept yourself.



Thick Nhat Namh



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8. Choose nourishing Food

Live to learn, and you  
will really learn to live.

John Maxwell



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 Keep curious. Keep learning.

You can't use up  
creativity. The more you  
use the more you have.

Maya Angelou



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10. Free Your Mind. Be Creative

You are the sky. The clouds are what happens, what comes and goes

Eckhart Tolle



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//. Each day, Be Hopeful

You came to **RADIATE** the fullness of who you are.



Abraham Hicks



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12. Find what you love!



[www.followyourjoy.uk](http://www.followyourjoy.uk)