

# The 5 Steps to Joy

## WORKBOOK

the first steps on the path to Life Mastery.



A  
BRIGHTER  
HAPPIER  
YOU

Purpose • Mindset • Emotions • Actions • Fulfillment

A Transformational Journey for Women

Coach Wanda Marie

# What is Life Mastery

Life Mastery for Women is finding and sustaining peace and happiness to **allow the fullness of JOY** to be expressed through you, as you, based on your soul's desires.

## What Is Your Current Level of Operation

| 4 LEVEL OF MASTERY | LEVEL OF OPERATION | CURRENT MINDSET | EMOTIONAL AWARENESS | PHYSICAL ACTIONS | LIFE'S EXPERIENCES |
|--------------------|--------------------|-----------------|---------------------|------------------|--------------------|
| 1-DREAMER          | Surviving          | Victimhood      | Fearful             | Procrastination  | Mis-takes          |
| 2-CREATOR          | Stable             | Controlling     | Stressed            | Determined       | Difficult          |
| 3-SEEKER           | Successful         | Peaceful        | Trusting            | Empowered        | Easy               |
| 4-SERVANT          | Surrendered        | Calm            | Open                | Inspired         | <b>JOYFUL</b>      |

Joy stems from a sense of accomplishment, feeling useful and productive. This boosts confidence and self-esteem, creating a desire to be more, do more and share more. This allows for experiencing a more meaningful and joyful life. **Without joy the soul becomes depressed and if long-term depression sets in, the soul wants to exit the body as there is no sense of purpose, no joy and no reason for living.**

## The Five Steps to Joy

1. **Purpose:** You need a REASON for being, for living.
2. **Mindset:** Your thoughts must be in ALIGNMENT with your purpose.
3. **Emotions:** Your feelings must be in ALIGNMENT with your purpose.
4. **Actions:** Your actions must be in ALIGNMENT with your purpose.
5. **Fulfillment:** You must GIVE what you came here to give.

# 1. PURPOSE

*Know what lights you up, drives your dreams and moves you into action.*

## What Is Your Soul's Desire

When you focus on the “activities” that bring you joy, you will find that you have a natural talent for those activities, and you become good at those things. You’ll notice those activities also align with your values. As you participate more and more in those activities, you may become passionate about them and may develop a propensity to want to share them with the world in some format or on some platform.

### Start by asking yourself these questions:

1. What was my childhood dream of becoming when I grew up? \_\_\_\_\_  
\_\_\_\_\_
2. What are my natural talents (what do others say is my claim to fame)? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
3. What activities bring me the most joy (not external happiness, but internal joy)?  
\_\_\_\_\_  
\_\_\_\_\_
4. What’s one major problem in the world that really disturbs me to my core?  
\_\_\_\_\_  
\_\_\_\_\_
5. What positive impact would I like to have on the world? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. What is my Soul’s greatest desire for me?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. What is the gift that I’m here to share with the world (my True Purpose)?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 2. MINDSET

*Manage your mind by releasing negative thoughts, limited thinking, tolerations and judgements of self, others and events.*

**Negative Thoughts:** What are the negative thoughts about myself that I need to release to clear my mind? Thoughts that do not serve my joy but are constantly on my mind.

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**Limited Thinking:** What is the limited thinking I'm having around achieving my dreams or desires that I need to shift or transform to experience more joy in my life?

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**Tolerations:** What am I tolerating and not releasing or accepting that could be interfering with me experiencing the fullness of my joy?

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**Judgements:** What are my thoughts and/or feelings about others who are living their dreams, doing what I feel I want, or should be doing, with my life?

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**Assignment:** People are suffering from their stories. Look at your answers and begin to turn them around in ways that bring you more joy and support you in sharing your gifts with the world.

### 3. EMOTIONS

*Manage your emotions by releasing negative stories of the past and fear of the future while practicing eternal forgiveness and unconditional love.*

**Negative Stories:** Who broke my heart, hurt me, or betrayed me? What are the major stories of my past preventing me from moving forward, not living my dreams of today?

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**Fear of the Future:** What if all my dreams come true, who will be affected? How will everyone around me be affected? How will my life change? What is my biggest fear?

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**Eternal Forgiveness:** Emotional freedom is not holding grudges. Free up your emotional energy and open your heart by forgiving everyone for everything. Ask, "Who am I carrying that's preventing me from experiencing the fullness of my joy?"

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**Unconditional Love:** I realize everyone is doing the best they can with what they have been given. In every situation, ask, "What would love do here?" Where can I love more?

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**Assignment:** Look at your answers and begin to transform them into positive solutions for bringing more joy into your life and supporting you in giving your gifts to the world.

## 4. ACTIONS

*Take control of your daily habits and actions by implementing a morning routine, inspired daily actions and an evening reset program.*

**Old Habits:** What are some old habits that I would like to transform?

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**New Habits:** What are some new, more empowering habits, I want to install that would support my purpose and add more joy to my life?

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**Morning Routine:** What are some basic morning habits for me to install that can inspire me and add more joy each day?

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**Daily Actions:** What are some daily actions I can take towards fulfilling my purpose and adding more joy unto the world?

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**Evening Reset:** What can you do each evening to clear your mind and emotions to reset your energy for the following day. Think in terms of reflecting on your day; ways you could have done something differently or made a difference in someone's life. You may want to create a task list for tomorrow, so your day is organized and inspiring. Ask, "What can I plan for tomorrow that would make me want to jump out of bed with gusto?"

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## 5. FULFILLMENT

*Give what you came here to give. This is your soul's expression of joy, through you, as you! Give and you shall receive more of everything!*

**CLARITY:** What is the gift I'm here to give to the world (review your Purpose)?

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**FOCUS:** What is needed for me to start delivering my gifts (more education, skills or more experience, more confidence, more resources, partnership)?

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**ACTION:** What are some ways that I can start/scale delivering my gifts to the world?

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If you are not already sharing your gifts with the world, it's time to start imagining yourself doing so. Start by embodying the change by imagining yourself living the life of your soul's desire. Begin to "FEEL" yourself living this amazing life.

Close your eyes and image what it must feel like to know your true purpose, and to have the fullness of joy being expressed through you, as you, based on your soul's desire. Feel the energy swirling around you, vibrating throughout your entire being, requalifying your energy as you step into alignment with the new you, capable of being more, doing more and having more to share with others. As you allow yourself to feel comfortable and confident in this energy, you begin to more fully embody the changes that are taking place in your life each and every day.

Each time you close your eyes and imagine what the future feels like, know and declare that it is **ALREADY DONE!**

# Life Mastery Daily Practice

## 7 Key Performance Indicators to Master Your Life

### Use Your Journal

Today's Date: \_\_\_\_\_

1. **Morning Gratitude:** Write down one or two things that you are grateful for. Be especially grateful for anything that seems to be going “wrong.” Remember everything is a blessing and acceptance will set you free. \_\_\_\_\_  
\_\_\_\_\_
2. **Morning Prayer:** “Dear God, what is the most significant way for me to express my soul’s desire and extend my joy to be shared with others?”
3. **Morning Meditation:** Be still and listen for guidance. Meditate for at least 15 minutes.
4. **Journal:** write down what came through your meditation (thoughts, feelings, images).  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
5. **Manage Your Mind Daily:** Release limited thinking. Ask, “What one restricting thought am I harboring **today** that I need to transcend in order to experience more joy and abundance in my life?” \_\_\_\_\_  
\_\_\_\_\_
6. **Manage Your Emotions Daily:** Release the past. Live in the “now” moment. Your feelings today are creating your tomorrows. To move forward, ask, “What one thing am I holding in my heart **today** that I need to transcend in order to be more loving, giving and compassionate towards myself and others?” \_\_\_\_\_  
\_\_\_\_\_
7. **Embody Change.** We embody change by imagining ourselves living the life of our Soul’s desires. Close your eyes and image what it must feel like to have the fullness of joy being expressed by your Soul through you, as YOU! Feel the energy swirling around you, vibrating throughout your being, requalifying your energy as you step into alignment with the new you, capable of being more, doing more and having more to share with others. As you allow yourself to feel comfortable and confident in this energy, you begin to more fully embody the changes that are taking place in your life each and every day. Each time you close your eyes and imagine what the future feels like, know and declare that it is ALREADY DONE!

# 7 KPI's Weekly Tracking System

Put a "Yes" in each box for the items accomplished each day.



| Week 1     | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------|-----|------|-----|-------|-----|-----|-----|
| Gratitude  |     |      |     |       |     |     |     |
| Prayer     |     |      |     |       |     |     |     |
| Meditation |     |      |     |       |     |     |     |
| Journaling |     |      |     |       |     |     |     |
| Mind       |     |      |     |       |     |     |     |
| Emotions   |     |      |     |       |     |     |     |
| Change     |     |      |     |       |     |     |     |

| Week 2     | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------|-----|------|-----|-------|-----|-----|-----|
| Gratitude  |     |      |     |       |     |     |     |
| Prayer     |     |      |     |       |     |     |     |
| Meditation |     |      |     |       |     |     |     |
| Journaling |     |      |     |       |     |     |     |
| Mind       |     |      |     |       |     |     |     |
| Emotions   |     |      |     |       |     |     |     |
| Change     |     |      |     |       |     |     |     |

| Week 3     | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------|-----|------|-----|-------|-----|-----|-----|
| Gratitude  |     |      |     |       |     |     |     |
| Prayer     |     |      |     |       |     |     |     |
| Meditation |     |      |     |       |     |     |     |
| Journaling |     |      |     |       |     |     |     |
| Mind       |     |      |     |       |     |     |     |
| Emotions   |     |      |     |       |     |     |     |
| Change     |     |      |     |       |     |     |     |

## 7 KPI's Weekly Tracking System

Put a "Yes" in each box for the items accomplished each day.



| Week 4     | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------|-----|------|-----|-------|-----|-----|-----|
| Gratitude  |     |      |     |       |     |     |     |
| Prayer     |     |      |     |       |     |     |     |
| Meditation |     |      |     |       |     |     |     |
| Journaling |     |      |     |       |     |     |     |
| Mind       |     |      |     |       |     |     |     |
| Emotions   |     |      |     |       |     |     |     |
| Change     |     |      |     |       |     |     |     |

| Week 5     | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------|-----|------|-----|-------|-----|-----|-----|
| Gratitude  |     |      |     |       |     |     |     |
| Prayer     |     |      |     |       |     |     |     |
| Meditation |     |      |     |       |     |     |     |
| Journaling |     |      |     |       |     |     |     |
| Mind       |     |      |     |       |     |     |     |
| Emotions   |     |      |     |       |     |     |     |
| Change     |     |      |     |       |     |     |     |

| Week 6     | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------|-----|------|-----|-------|-----|-----|-----|
| Gratitude  |     |      |     |       |     |     |     |
| Prayer     |     |      |     |       |     |     |     |
| Meditation |     |      |     |       |     |     |     |
| Journaling |     |      |     |       |     |     |     |
| Mind       |     |      |     |       |     |     |     |
| Emotions   |     |      |     |       |     |     |     |
| Change     |     |      |     |       |     |     |     |

# 7 KPI's Weekly Tracking System

Put a "Yes" in each box for the items accomplished each day.



| Week 7     | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------|-----|------|-----|-------|-----|-----|-----|
| Gratitude  |     |      |     |       |     |     |     |
| Prayer     |     |      |     |       |     |     |     |
| Meditation |     |      |     |       |     |     |     |
| Journaling |     |      |     |       |     |     |     |
| Mind       |     |      |     |       |     |     |     |
| Emotions   |     |      |     |       |     |     |     |
| Change     |     |      |     |       |     |     |     |

| Week 8     | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------|-----|------|-----|-------|-----|-----|-----|
| Gratitude  |     |      |     |       |     |     |     |
| Prayer     |     |      |     |       |     |     |     |
| Meditation |     |      |     |       |     |     |     |
| Journaling |     |      |     |       |     |     |     |
| Mind       |     |      |     |       |     |     |     |
| Emotions   |     |      |     |       |     |     |     |
| Change     |     |      |     |       |     |     |     |

| Week 9     | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------|-----|------|-----|-------|-----|-----|-----|
| Gratitude  |     |      |     |       |     |     |     |
| Prayer     |     |      |     |       |     |     |     |
| Meditation |     |      |     |       |     |     |     |
| Journaling |     |      |     |       |     |     |     |
| Mind       |     |      |     |       |     |     |     |
| Emotions   |     |      |     |       |     |     |     |
| Change     |     |      |     |       |     |     |     |

# 7 KPI's Weekly Tracking System

Put a "Yes" in each box for the items accomplished each day.



| Week 10    | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------|-----|------|-----|-------|-----|-----|-----|
| Gratitude  |     |      |     |       |     |     |     |
| Prayer     |     |      |     |       |     |     |     |
| Meditation |     |      |     |       |     |     |     |
| Journaling |     |      |     |       |     |     |     |
| Mind       |     |      |     |       |     |     |     |
| Emotions   |     |      |     |       |     |     |     |
| Change     |     |      |     |       |     |     |     |

| Week 11    | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------|-----|------|-----|-------|-----|-----|-----|
| Gratitude  |     |      |     |       |     |     |     |
| Prayer     |     |      |     |       |     |     |     |
| Meditation |     |      |     |       |     |     |     |
| Journaling |     |      |     |       |     |     |     |
| Mind       |     |      |     |       |     |     |     |
| Emotions   |     |      |     |       |     |     |     |
| Change     |     |      |     |       |     |     |     |

| Week 12    | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------|-----|------|-----|-------|-----|-----|-----|
| Gratitude  |     |      |     |       |     |     |     |
| Prayer     |     |      |     |       |     |     |     |
| Meditation |     |      |     |       |     |     |     |
| Journaling |     |      |     |       |     |     |     |
| Mind       |     |      |     |       |     |     |     |
| Emotions   |     |      |     |       |     |     |     |
| Change     |     |      |     |       |     |     |     |

# The 2-Min Check-In



Set an alarm for once an hour to ask  
these questions

1. **MIND:** What am I thinking about right now? Are the thoughts I'm having keeping me in alignment with my JOY, or distracting me from my JOY? What is my level of gratitude right now for what is going on?
2. **EMOTIONS:** What am I feeling right now? Are my feelings feeding my JOY, or restricting my JOY? What is my level of love right now for what is going on?



# **SUSTAINING** Peace & Happiness ♥

Life presents challenges and we can sustain our peace and happiness by accessing our Calm during the storms. This can be done by amplifying our peace of mind, elevating our level of happiness and connecting with our soul for a deeper joy. We can stay grounded and focused during challenging times by speaking the language of our soul.

## **Speak the Language of Your Soul**

### **Symbols ~ Songs ~ Sensations**

#### **1. Peace:**

- Symbol:
- Song:
- Sensation

#### **2. Happiness:**

- Symbol:
- Song:
- Sensation

#### **3. Joy:**

- Symbol:
- Song:
- Sensation

### **Peace**

- Symbol: \_\_\_\_\_
- Song: \_\_\_\_\_
- Sensation: \_\_\_\_\_

### **Happiness**

- Symbol: \_\_\_\_\_
- Song: \_\_\_\_\_
- Sensation: \_\_\_\_\_

### **JOY**

- Symbol: \_\_\_\_\_
- Song: \_\_\_\_\_
- Sensation: \_\_\_\_\_

## 7 Rules to Win at Life Mastery ❤️

1. Slow down, relax and stay calm – regardless.
2. Prioritize and protect your joy – always.
3. Everyone is your teacher – be grateful.
4. Every event is just an event – be mindful.
5. Life is a mystery and a miracle - enjoy it.
6. You are a gift to the world - know it.
7. Give what you came to give – just do it!



# LIFE MASTERY *for* WOMEN

**I Bless the Past  
Embrace the Present and  
Trust the Future**

**I BLESS the PAST** as it has taught me valuable lessons and showed me my strength and courage, and the power to rise above anything.

**I EMBRACE the PRESENT** as it is the only thing that's truly happening, and I am safe, aware and surrendering to my greater yet to be.

**I TRUST the FUTURE** for it is in God's hands and I vow to follow my guidance with grace and ease. Regardless of appearances or circumstances, I **KNOW** all is well.



Stay true to yourself at [WomenSayingYes.com](http://WomenSayingYes.com)

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