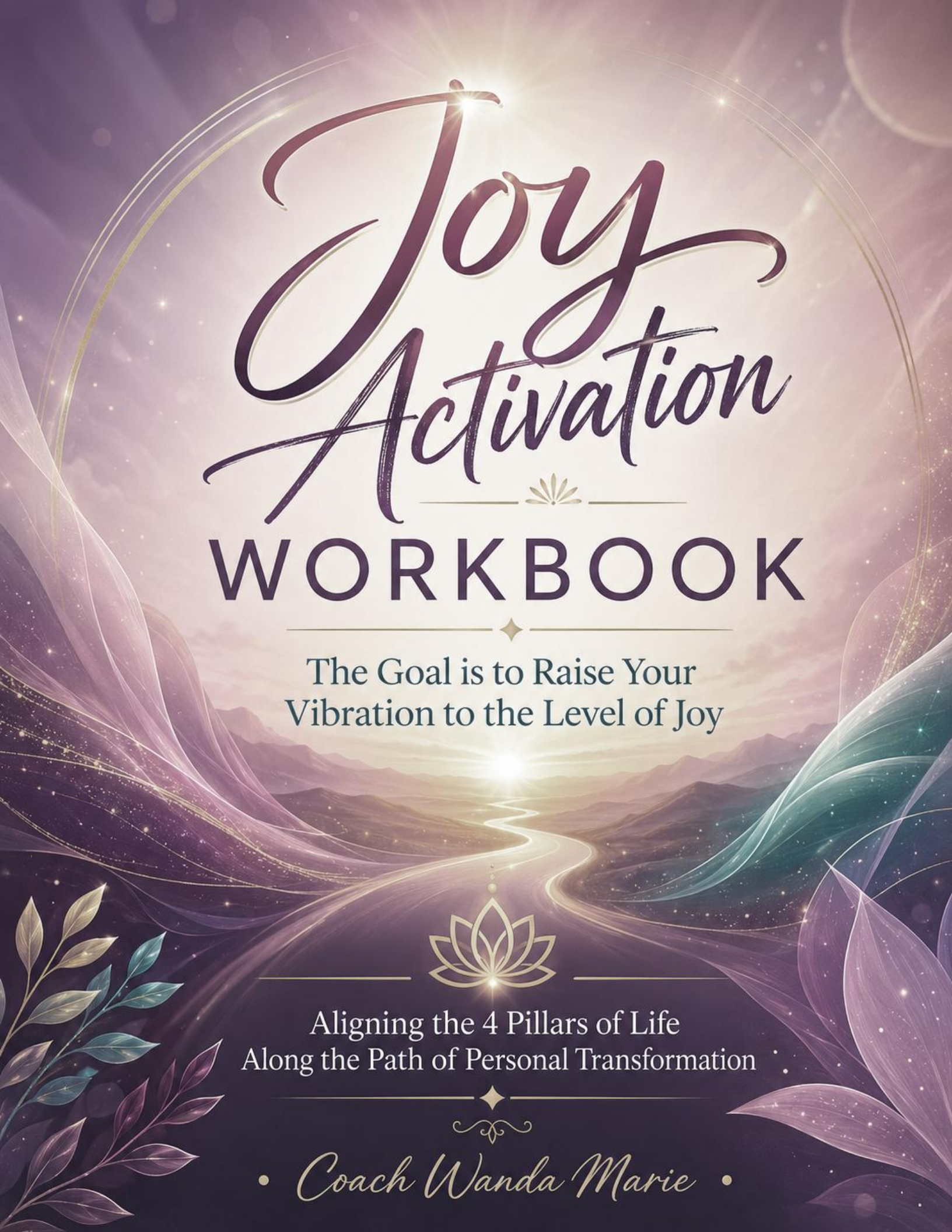




Joy Activation

WORKBOOK

The Goal is to Raise Your
Vibration to the Level of Joy



Aligning the 4 Pillars of Life
Along the Path of Personal Transformation

• *Coach Wanda Marie* •

What Is Joy?

Understanding the inner state you are choosing to cultivate

HAPPINESS

Happiness is an emotion that comes from external events.

JOY

Joy is a state of beingness that comes from internal feelings of deep love and gratitude.

Think of happiness as reacting to life's good moments, whereas joy is a choice, an enduring inner well-being that can coexist with life's inevitable challenges, rooted in meaning, gratitude, or connection.

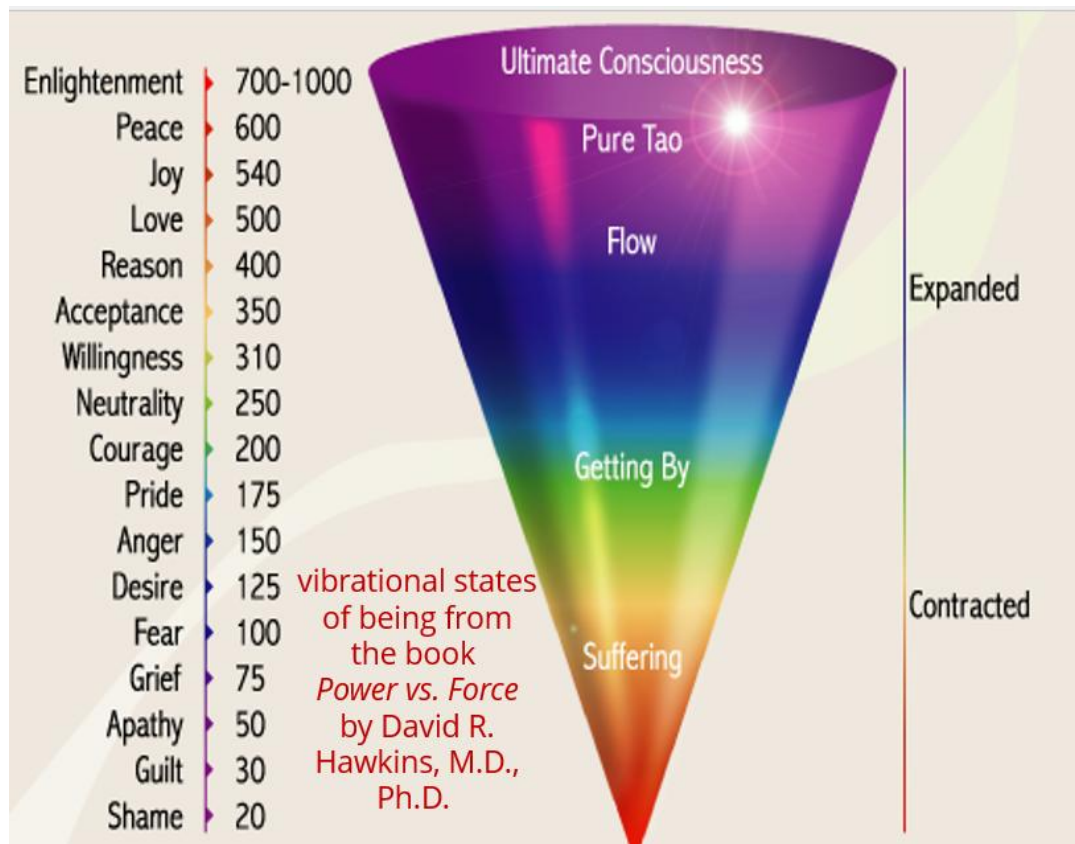
Why Is Joy So Important?

Joy stems from a sense of purpose and fulfillment and allows for experiencing a more meaningful and richer 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.** For a more joy-filled life, learn to manage your mind and emotions (thoughts and feelings).

Why is experiencing and expressing more joy important to you right now?

Vibrational States of Being

Notice where you are - then choose your next higher state



What can you do to raise your vibration?

What can you do to maintain higher vibrational living?

What one step can you take each day to improve the quality of your life?

Thoughts Become Things

Your thoughts influence feelings, actions, and life experiences



THE CREATIVE LOOP

Our beliefs, ideas, and self-talk influence our feelings. Feelings influence our actions, and our actions shape our life experiences.

Which recurring thought pattern most influences your current experience?

What new thought will you choose and practice?

HEALTH | Physical

What does the healthiest, most joy-filled version of your physical life look and feel like?

CLARITY <i>Desires</i> What do you truly desire in this area of your life?	FOCUS <i>Intentions</i> What intention will guide your attention and choices?
ACTION <i>Big Step</i> What purposeful action or big step will move you forward?	INTEGRATION <i>See It, Say It, Be It</i> How will you visualize, affirm, and embody this reality now?

JOY CHECK-IN

As you imagine this new reality, notice the emotional state you are practicing now.



WEALTH | Mental

What does a prosperous, peaceful, and well-directed mental life look and feel like?

CLARITY **Desires**

What do you truly desire in this area of your life?

FOCUS **Intentions**

What intention will guide your attention and choices?

ACTION **Big Step**

What purposeful action or big step will move you forward?

INTEGRATION **See It, Say It, Be It**

How will you visualize, affirm, and embody this reality now?

JOY CHECK-IN

As you imagine this new reality, notice the emotional state you are practicing now.



LOVE | Emotional

What does a deeply loving, emotionally healthy life look and feel like?

CLARITY **Desires**

What do you truly desire in this area of your life?

FOCUS **Intentions**

What intention will guide your attention and choices?

ACTION **Big Step**

What purposeful action or big step will move you forward?

INTEGRATION **See It, Say It, Be It**

How will you visualize, affirm, and embody this reality now?

JOY CHECK-IN

As you imagine this new reality, notice the emotional state you are practicing now.



HAPPINESS | Spiritual

What does spiritual happiness, meaning, and inner connection look and feel like?

CLARITY *Desires*

What do you truly desire in this area of your life?

FOCUS *Intentions*

What intention will guide your attention and choices?

ACTION *Big Step*

What purposeful action or big step will move you forward?

INTEGRATION *See It, Say It, Be It*

How will you visualize, affirm, and embody this reality now?

JOY CHECK-IN

As you imagine this new reality, notice the emotional state you are practicing now.



Joy Activation Matrix™

Moving from wanting change to becoming the woman who has already created it

The **Joy Activation Matrix™** helps women clarify the change they desire, align their focus, take purposeful action, and activate the future self who is already living that transformation. It helps women move from wanting change to becoming the woman who has already created it. It teaches women how to close the gap between the woman they are today and the woman they are becoming.

With Integration powered by VAM—Visualization, Affirmation, and Meditation—change becomes identity. You activate your joy, normalize your new reality, and begin living from the transformation before the outer evidence fully appears.

Joy Activation Matrix™

Aligning the 4 Pillars of Life Along the Path of Personal Transformation

Path of Personal Transformation: Clarity → Focus → Action → Integration

The Four Pillars of Life: Health, Wealth, Love & Happiness	SAMPLE SAMPLE	CLARITY Desires	FOCUS Intentions	ACTION Big Step	INTEGRATION See It, Say It, Be It
	HEALTH Physical	Be healthier, stronger, and sexy	Eat less starch and fast once a month	Get an app to track/limit my food intake	I'm looking in the mirror admiring my slim and fit sexy body
	WEALTH Mental	Financial Freedom	Scale my business	Be seen more on social media	I'm cooking breakfast in our amazing new home
	LOVE Emotional	Deeper family bonding	Travel more to see my kids	Plan 2 trips for next year	I'm attending a gathering with all the family and children
	HAPPINESS Spiritual	Money and time freedom	Automate my business	Hire a team to create AI Agents	I sponsor a Safe House for Women in every state.

Your Joy Activation Matrix™

Capture the heart of your transformation aligning with all four pillars

Path of Personal Transformation: Clarity → Focus → Action → Integration

The Four Pillars of Life: Health, Wealth, Love & Happiness

The JOY of Being	CLARITY Desires	FOCUS Intentions	ACTION Big Step	INTEGRATION See It, Say It, Be It
HEALTH Physical				
WEALTH Mental				
LOVE Emotional				
HAPPINESS Spiritual				

ASSIGNMENT: Each day, mediate for at least 20 minutes. Spend 5 minutes in the Integration column for each of the 4 Pillars of Life visualizing and embodying the what you wrote down – See It, Say It, Be It for at least 5 minutes in each level.



THE PROMISE
Activate and integrate the future version of yourself into the present and begin living from that reality today.

No one ever succeeded alone - get the support you deserve.

Continue Your Journey with Coach Wanda Marie

Now that you've activated your JOY, will you make this a life practice? Will you LIVE in Joy?

What is Your Current State for Each Level

➔ 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	JOYFUL

Apply to the Life Mastery Mentorship Program

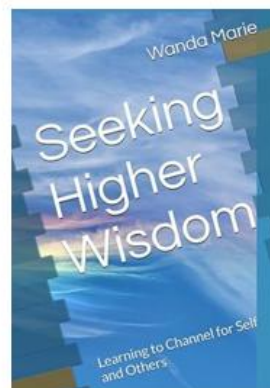
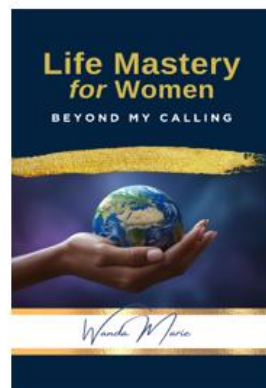
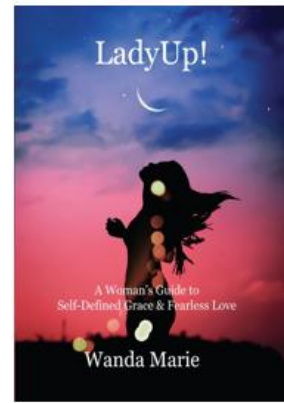
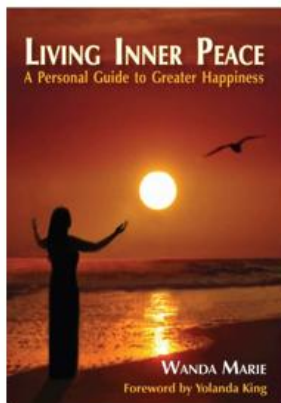
Having a Mentor walk with you through your transformation is not only loving but powerful! The Life Mastery Mentorship Program takes you through the fundamental tools as well as advanced practices for deep personal growth and transformation. Regardless of where you are on the path, you will gain valuable tools and insights for each of the 4 Levels of Life Mastery. You will learn how to manage your mind and emotional state to **allow the fullness of joy to be expressed through you in an ongoing way**. You must come with an open mind, willing to challenge your beliefs, and ready to manifest the joy and the magic you want for leading a happier, healthier, more meaningful and joy-filled Life.

Get Ready To Experience More Peace, Increased Finances and Happier, Healthier Relationships!

Mentoring Programs Facilitated Online Once a Year with an Intimate Group up to 12 Women – For Information visit www.CoachWandaMarie.com/mentor

Recommended Tools for Transformation and Personal Freedom

Books by Coach Wanda Marie Available on [Amazon.com](https://www.amazon.com)



A CLOSING REMINDER

Activate and integrate the future version of yourself into the present and begin living from that reality today.

Visit CoachWandaMarie.com

Email: CoachWandaMarie@gmail.com

Joy is not something you wait for, it is a state you learn to activate, practice, and live daily.