

Creating More Joy in Your Life

1. Make a daily intention to invite joy into your life and ask Spirit to help you see it.
2. Give yourself time to play and to do the things that make you happy.
3. Express gratitude on a regular basis for the goodness that is in your life, including those who love and support you.
4. Choose to look at life with a sense of awe and wonder.
5. Connect regularly to the Spirit inside you that guides and informs your path.
6. Send blessings to anything that is causing you discomfort and refuse to carry it by taking steps to resolve it.
7. Acknowledge and connect to the **LIGHT** that is within you and allow that to flow from you out into the world.
8. Expect the miraculous to happen!

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