

Igniting Your Belief

STUDENT WORKBOOK



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Release 2.0

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W E L C O M E !

Welcome to Igniting Your Belief!

You have taken a big step towards increasing your belief and creating a more joyful life. You are about to have some profound experiences. We feel privileged to walk with you through this. Increased belief is possible and the joy that comes from acting on your belief is possible. You are going to discover how to lean into it, protect it and create new experiences that generate more feelings of joy.

During our weekly small-group sessions your mentor will facilitate group discussion, share stories, antidotes, and give you mental, emotional and spiritual tools you can use to fill your life with joy.

Your commitment to doing the exercises and homework with intention will magnify your experience and your ability to shift more fluidly into a joyful mindset.

It's important to know what to expect from a mentor/mentee relationship. So, here are some guidelines to help you get the most out of this experience.

Your mentor's role:

- To be watchful and keep the environment free from judgment and shame so that you have the freedom to experiment, fail, succeed, and grow!
- To lead you into new concepts, thoughts, tools and beliefs that will help you find your joy.
- To guide you as you reflect on what is happening so that you can gain clarity over your experiences.
- To hold the vision of what you want even when you are having a hard time seeing if for yourself due to doubt, fear, pain and confusion.
- To offer suggestions and guidance when you are open to receiving it.
- To respect your efforts and encourage you as you take the steps you feel are best for you in the moment.

Your role as a mentee:

- Attend class and give YOUR 100% that day. That may look different from class to class, day to day. The important thing is to show up.
- To be open to new ways of looking at things.
- To practice the tool that is taught each week.
- To be willing to be honest with yourself and your mentor.
- To reach out when you feel stuck.
- To trust the process.

We know this course will change you because you will enter into a meaningful relationship with Christ and will be inspired by His Spirit in a more powerful way. Because of this we are confident that your belief will ignite and you will experience the peace and confidence that comes from living in pure belief

Let's get started!

COURSE Objectives

BY THE END OF THIS TRAINING YOU WILL BE ABLE TO:

- » Recognize and feel joyful moments throughout the day even when there are things in life that are complicated and confusing.
- » Identify where the thoughts that keep you in frustration, anxiety and stress are coming from.
- » Be aware of the thoughts that enter into your mind that are creating emotional responses.
- » Honor your feelings and the feelings of others without guilt or shame.
- » Be present in the moment and have the ability to look at any situation without an emotional charge.
- » Recognize what it feels like in your body when you are beginning to engage in a thought cycle that will keep you from experiencing joy.
- » Use your body in a powerful way to exit the negative thought cycle.
- » Access the power of the Atonement of Jesus Christ to uproot the undesired emotions that plague you.
- » Look at past experiences with a new perspective of growth and forgiveness.
- » Activate the powers of creation and start dreaming again.
- » Know how to feel and express pure gratitude as part of the creation process.
- » Ignite the power to obtain and protect belief so that joy is possible - every week, every day, and every hour.

LESSON 1: Orientation

OBJECTIVES:

- Be introduced to your mentor and classmates.
- Discuss the importance of a team.
- Review the Course Objectives.
- Learn about and understand the Joy Power Journal.
- Gain understanding that you can feel joy even when you don't believe that life is joyful right now.

1. CHECK-IN & SHARE

» Why are you taking this course? Be prepared to share your answer.



2. DISCOVERY DISCUSSION

- » Why is a team important?
- » Who is on your team?



3. COURSE OBJECTIVES

» Which Course Objective stands out to you the most, and why? (A list of the objectives is located on page 5).



4. JOY PWR CALENDAR

- » What is the Joy Power Calendar and Journal? (The introduction to the Calendar is located on page 1 of the Joy Power Journal)
- » What is a Joyful Moment?
- » Looking into your past, when have you felt joy? Would you be willing to share that "Joyful Moment" with the class?
- » How do you feel after reflecting on that Joyful Moment?

.....

5. WEEKLY SUPPORT

» What is your class’s form of “weekly support”?

.....

6. HOMEWORK

» Start using the Joy Power Connections Tool by recording in your Joy Power Journal and be aware of what you experience as you use this tool.

» Take the “Four Tendencies Quiz” in preparation for next week’s class.

.....

Thoughts to Ponder:

If you were to rate your level of belief today, in this moment, how would you rate the following:

Belief and Trust in God
Belief and Trust in Yourself
Belief in your ability to hear the Spirit.
Belief in your dreams and your ability to achieve them.
Your ability to receive good things offered to you.
Your ability to discern.

NOTES

The FOUR TENDENCIES Quiz

1. Have you kept a New Year's resolution where you weren't accountable to anyone—a resolution like drinking more water or keeping a journal?
 - a. Sure, I'm good at keeping resolutions, but I make them whenever the time seems right. I wouldn't wait for the New Year; January 1 is an arbitrary date.
 - b. I've had trouble with that kind of resolution, so I'm not inclined to make one, whether at the New Year or any time. When I'm only helping myself, I often struggle.
 - c. No. I hate to bind myself in any way.
 - d. Sure. I'm good at keeping New Year's resolutions, even ones that no one knows about but me.
2. Which statement best describes your view about your commitments to yourself?
 - a. If someone else is holding me accountable for my commitments, I'll meet them—but if no one knows except me, I struggle.
 - b. I take my commitments to myself as seriously as my commitments to other people.
 - c. I bind myself as little as possible.
 - d. I make a commitment to myself only if I'm convinced that it really makes good sense to do it
3. At times, we feel frustrated by ourselves. Are you most likely to feel frustrated because...
 - a. I can't take a break from my usual habits, or violate the rules, even when I want to.
 - b. I can take time for other people, but I can't take time for myself.
 - c. As soon as someone expects me to do something, I don't want to do it.
 - d. My constant need for more information exhausts me.
4. When you've formed a healthy habit in the past, what helped you stick to it?
 - a. I could stick to a good habit only when I was answerable to someone else.
 - b. Usually I don't choose to bind myself in advance to a particular course of action.
 - c. I'm pretty good at sticking to habits, even when no one else cares.
 - d. Doing a lot of research and customization about why and how I might keep that habit.
5. If people complain about your behavior, you'd be least surprised to hear them say...
 - a. You stick to your good habits, ones that matter only to you, even when it's inconvenient for someone else.
 - b. You ask too many questions.
 - c. You only do what you want to do, when you want to do it.
 - d. You're good at taking the time when others ask you to do something, but you're not good at taking time for yourself
6. Which description suits you best?
 - a. Disciplined—sometimes, even when it doesn't make sense
 - b. Asks necessary questions
 - c. Refuses to be bossed by others
 - d. Puts others—clients, family, neighbors, coworkers—first

7. People get frustrated with me, because if they ask me to do something, I'm less likely to do it (even if they're a boss or client).
 - a. Tend to agree
 - b. Tend to disagree
8. I do what I think makes the most sense, according to my judgment, even if that means ignoring the rules or other people's expectations
 - a. Tend to agree
 - b. Tend to disagree
9. Commitments to others should never be broken, but commitments to myself can be broken.
 - a. Tend to agree
 - b. Tend to disagree
10. Sometimes I won't do something I want to do, because someone wants me to do it.
 - a. Tend to agree
 - b. Tend to disagree
11. I've sometimes described myself as a people-pleaser.
 - a. Tend to agree
 - b. Tend to disagree
12. I don't mind breaking rules or violating convention—I often enjoy it.
 - a. Tend to agree
 - b. Tend to disagree
13. I question the validity of the Four Tendencies framework.
 - a. Tend to agree
 - b. Tend to disagree

1. a = Questioner; b = Obliger; c = Rebel; d = Upholder
2. a = Obliger; b = Upholder; c = Rebel; d = Questioner
3. a = Upholder; b = Obliger; c = Rebel; d = Questioner
4. a = Obliger; b = Rebel; c = Upholder; d = Questioner
5. a = Upholder; b = Questioner; c = Rebel; d = Obliger
6. a = Upholder; b = Questioner; c = Rebel; d = Obliger
7. a = Rebel; b = n/a
8. a = Questioner; b = n/a
9. a = Obliger; b = n/a
10. a = Rebel; b = n/a
11. a = Obliger; b = n/a
12. a = Rebel; b = n/a
13. a = Questioner; b = n/a

Upholder _____ Questioner _____ Obliger _____ Rebel _____

LESSON 2: Remember Who You Are

OBJECTIVES:

- Feel encouraged and motivated to continue doing your Joy Power Connections.
- Understand your motivational strengths and weaknesses.
- Learn who your true enemy is and what he sounds like in your head.
- Begin to find the lies Satan tells you, and with the Spirit, shift them into truth.

1. CHECK-IN & SHARE

- » How did you do on your Joy Power Connections this week?
- » What is your Joyful Moment?



2. MINDSET ACTIVITY

- » NOTE: Satan likes to hijack your joy.
- » Think about two different people that you are struggling with right now. You will come back to this later in the lesson.



3. THE FOUR TENDENCIES

- » If you have not taken the quiz, please do so and send your results to your Mentor.

1. **UPHOLDERS** meet inner and outer expectations. They love rules, having a clear plan and are self-motivated and disciplined. Clearly tell them what needs to be done and they'll lead the way.
2. **QUESTIONERS** meet their own expectations, but resist outer ones. They need to see purpose and reason in anything they do. Make it clear why what you want from them is important.
3. **OBLIGERS** meet other peoples' expectations easily, but struggle with their own. They must be held accountable by a friend, coach or boss to get things done. They thrive when they have a sense of duty and can work in a team.
4. **REBELS** defy both outer and inner expectations. Above all, they want to be free to choose and express their own individuality. Give them the facts, present the task as a challenge and let them decide without pressure.



4. DISCOVERY
DISCUSSION

- » What have you just discovered about yourself?
- » What are the strengths of your motivational type?
- » What are the weaknesses of your motivational type?



5. MINDSET
SHIFT

- » Who has your radio?



6. DISCOVERY
DISCUSSION

- » NOTE: Satan has your radio! You are not fighting yourself. There is only one true God, so there is only one true enemy.
- » What has the enemy been telling you about yourself?
- » What has the enemy been telling you about the people you identified earlier?
- » Is what you are hearing about yourself, or the people you are struggling with, the absolute truth?
- » What is the truth?





7. APPLICATION
PRACTICE

- » For your homework fill out “The Enemy’s Lies” worksheet. The instructions are:
 1. Each day, write down at least one lie that Satan tells you about yourself or another person.
 2. With a prayerful heart, ask to recognize the truth.
 3. Record the insight that the Spirit gives you. (It will sound like your own voice but it will feel very different).
 4. Bring your discoveries to class next week.
- » Read “The Three Voices” before the next class.
- » Be extra committed to the Joy Power Connections this week.



N O T E S

The ENEMY'S LIES

Each day, write down at least one lie that Satan tells you about yourself or someone else. Find the truth and record it.

1. WHAT IS THE LIE? _____

2. WHAT IS THE LIE? _____

3. WHAT IS THE LIE? _____

4. WHAT IS THE LIE? _____

5. WHAT IS THE LIE? _____

6. WHAT IS THE LIE? _____

7. WHAT IS THE LIE? _____

1. WHAT IS THE TRUTH? _____

2. WHAT IS THE TRUTH? _____

3. WHAT IS THE TRUTH? _____

4. WHAT IS THE TRUTH? _____

5. WHAT IS THE TRUTH? _____

6. WHAT IS THE TRUTH? _____

7. WHAT IS THE TRUTH? _____

The THREE VOICES

It is a commonly believed theme in religion that God speaks to us and that it is possible for us to “Hear Him” and receive personal instruction, guidance, comfort, and revelation. And yet, it is often confusing and difficult to hear the voice of God in our minds; the reason for this is simple, it is not the only voice vying for attention in our heads. Most people are surprised to discover that not all of the voices in your head are trusted voices.

When you take a moment to listen carefully and intentionally, you will discover a lot of chatter going on in your mind. John Pontius explained that in a healthy mind, there are three voices: yours, the Holy Spirit’s and the Adversary’s. The trick is figuring out who is telling you what because, in your head, they all sound like your own voice. When you truly listen, you will discover that how they speak is very different. Recognizing the difference is the key to discernment.

Let’s take a look at how they show up in your mind.

The first voice we are going to explore is YOUR voice. It is the voice that questions, “Should I take this course?” It wonders, “Why is this happening?” It makes deals, “Ok, if I just do this for a little while, then I promise myself, I’ll do that.” And it tries to figure things out by saying, “Maybe this will work.” It is continually seeking to know what is best and what is not. “What will happen if I...” It jabbers all day long.

This voice is the one that is seeking out the truth. In its search for truth, it leaves the door open for another possibility, opinion, or direction to take. We will discuss the reason for this quest for the truth after we look at how the other two voices show up.

The second voice to be aware of is the voice of the Spirit; this voice speaks in absolute statements and is direct. It says things like, “Call your friend,” or “Gather your family for prayer.” And although direct, it is also very peaceful. It speaks, “Everything is okay. You can do this. Be still, God has you and your loved ones.”

You have this voice in your head. Everyone does. It is what is known as the Light of Christ. The hosts of heaven speak to you through this voice. They have observed you your whole life and love to guide you to your next right step. At first, this voice starts as your conscience. At its plainest state, it speaks as gentle nudges that let you know what is or isn't in alignment with divine principles. Like, "Don't take that, it's not yours." or "Invite them to join you." The more often you choose to act upon its direction, the stronger and easier it is to discern. It encourages, supports, and speaks hope. It is the only voice that prompts you to do good, forgive others, love, and show kindness. It conveys confidence that you are enough and can also become more. It often gives you the next step to take, like, "Go get gas" or "Make that phone call."

The third voice in your head is the source of confusion, fear, and doubt. It can be subtle and reasonable whisperings or blaring persistent thoughts that keep you spinning. This voice is determined to distort the truth. It speaks in a way that feels almost true and causes a disruption in your peace. The lies are logical and charged with energy. Satan's minions speak through this voice. Its purpose is to derail the voice of the Spirit and the peace that it is offering. It sounds like your own voice and offers worst-case scenarios to keep you in panic and far away from believing in potential positive outcomes.

Satan's minions will lie to you to get you to move in whatever direction will lead you to shame. This voice will say things like, "Don't get involved, this is theirs to deal with," when support is needed. Then it will pivot and say, "You're horrible for abandoning them and leaving them to deal with this on their own," to get you to feel powerless. It assigns blame, points out injustice, and magnifies hurts. It often convinces you that others are your enemy.

Satan's minions always seem to appear on the heels of direction from the Holy Spirit. And when they do, they will barrage you with excuses, doubts, fears, justifications, and reasons why not to do whatever the Spirit just prompted. For instance, the Spirit will say, "Gather everyone for family prayer." The voices of the minions will quickly speak to your mind, "You're too tired," "Don't bother everyone," or "Don't even try. They are all crazy right now. You can do it tomorrow". When you get a spark idea that will solve a problem, they will tell you all the reasons why it won't work. "You don't know enough. You aren't capable. Who do you think you are? What will others think."

When we consider the compulsion, they have to negate the Spirit's voice that's leading you to your next right step; it's easy to hear them. Their persistence can help you discern whether or not the Holy Spirit gave you

instruction. It is very rare to get a prompting without the barrage that immediately follows. It is a sure sign that you have just heard the voice of the Spirit.

So now, back to your voice. The reason your voice seeks for truth is that your spirit loves to assert choice. The Spirit's voice offers answers that lead you to actions that, when chosen, bring you to what your heart desires; the minions' voices give answers that, when chosen, lead you to actions that distort reality, distract you and guide you into shame, misery, and hopelessness.

As you learn to discern what these three voices sound like in your head, you will become clear-minded and have the power to act upon the answers that come. You will find that you can walk away from Satan's craziness and the confusion his minions are trying to create in your mind. YOU get to choose. YOU get to act instead of being acted upon, and that is true freedom and power.

It comes down to this: the Holy Spirit is direct. It enlightens your mind and guides you to essential, empowering things to think or do. The minions' voices come as a rapid barrage of thoughts and speak doubt, inadequacy, and confusion. Your voice questions in its quest to find the truth.

LESSON 3: Listen to Your Thoughts

OBJECTIVES:

- Learn how to properly identify which voice is yours, which is God’s and which is the enemy’s.
- Begin to hear what your thoughts sound like in your mind.
- Notice personal thought patterns (i.e.. ”yeah, but...” after every statement towards a goal, or a mind dump of negatives).
- Discover that if you look at a situation as though a problem is already solved or a goal achieved, the “yeah buts” have no power to keep you from your objective.

1. CHECK-IN & SHARE

- » Are you struggling with the Joy Power Connections? If so, why?
- » What did you experience as you did the homework this past week?
- » How does the enemy mess with you?



2. DISCOVERY DISCUSSION

- » What insights did you gain from “The Three Voices?”
- » Do you feel like you are able to identify the three voices easily?



3. MINDSET SHIFT

- » Thought Stream Activity - Round 1



4. DISCOVERY
DISCUSSION

- » What did you notice about your thought pattern?
- » What did you experience?
- » What was your experience with the “yeah buts”?



5. MINDSET
SHIFT

- » Thought Stream Activity - Round 2



6. DISCOVERY
DISCUSSION

- » What did you experience the second time? What was different?
- » What did you learn?
- » What did you notice about the “yeah buts”?
- » How can you use this tool in the future?



7. HOMEWORK

- » Go through the Thought Stream at least once in the coming week, and record any insights or experiences that you have.
- » Remember to keep working on your Joy Power Connections.
- » Cut out the emotion strips located at the back of this manual, and put them in a jar or some other container in preparation for next week’s lesson.



NOTES

The THOUGHT STREAM

What would I love? _____

In order to have what I would love, what do I need to know? _____



Capture the Conversation

The THOUGHT STREAM

What would I love? _____

Question with curiosity: _____



| The Dream | "Yeah, but..." |
|-----------|----------------|
|-----------|----------------|

The THOUGHT STREAM

What would I love? _____

Question with curiosity: _____



| The Dream | "Yeah, but..." |
|-----------|----------------|
| | |

The THOUGHT STREAM

What would I love? _____

Question with curiosity: _____



| The Dream | “Yeah, but...” |
|-----------|----------------|
|-----------|----------------|

The THOUGHT STREAM

What would I love? _____

Question with curiosity: _____



| The Dream | “Yeah, but...” |
|-----------|----------------|
|-----------|----------------|

LESSON 4: Honor What You Feel

OBJECTIVES:

- To generate a feeling of connection and unity as a group by safely sharing an experience and its attached emotion.
- Gain awareness of how to recognize what you are feeling and how to honor your emotions without judgment.
- Gain awareness of the truth that how someone feels is not right or wrong, and to understand what it looks like to honor others without judgment.
- Learn what empathy looks like and feels like, and how it helps foster connection and joy.
- To expand the emotional vocabulary beyond “happy”, “sad”, “angry”, and “other”.



- » Why are you fighting for Joy this week?
- » Why does this matter?
- » What did you experience as you used the Thought Stream Tool?



- » The Feelings Jar Tool



3. DISCOVERY
DISCUSSION

- » Why is it important to understand that emotions are neither right nor wrong?
- » What is the cause of judging a feeling as right or wrong?
- » What is empathy?
- » How do you honor your emotions and the emotions of others?



4. MINDSET
SHIFT

- » What does it feel like in your body when you feel a certain emotion?
- » What have you learned about the connection between your body and your emotions?
- » The Feelings Jar Tool can help you learn to express your emotions in a healthy way. You can teach your family how to express their emotions as well.



5. HOMEWORK

- » Fill out the “Feelings Jar” worksheet by using the Feelings Jar Tool at least five times during the week with a family member, friend, or support group.



NOTES

FEELINGS Jar

To fill out each section, pull out an emotion from your Feelings Jar. Allow yourself to remember the last time you felt that emotion, and share the memory with another person. You do not have to go into great detail. Simply identify the last time that you felt the emotion. If you can't remember the last time exactly, record the most recent time you can remember.

1

EMOTION: _____
LAST TIME YOU FELT THIS EMOTION: _____

WHO DID YOU SHARE THIS WITH? _____

2

EMOTION: _____
LAST TIME YOU FELT THIS EMOTION: _____

WHO DID YOU SHARE THIS WITH? _____

3

EMOTION: _____
LAST TIME YOU FELT THIS EMOTION: _____

WHO DID YOU SHARE THIS WITH? _____

4

EMOTION: _____
LAST TIME YOU FELT THIS EMOTION: _____

WHO DID YOU SHARE THIS WITH? _____

5

EMOTION: _____
LAST TIME YOU FELT THIS EMOTION: _____

WHO DID YOU SHARE THIS WITH? _____

LESSON 5: The Belief Pattern

OBJECTIVES:

- Understand and know how to recognize a spin through the Blasting Tool.
- Connect the lessons from the past four weeks into the Belief Pattern Tool.
- Understand how your thoughts, beliefs, emotions and actions are affecting your experiences.
- Learn to see where Satan is playing into your patterns so that you can gain power over his influence.
- Learn how to use the influence of the Holy Spirit to become aware of your power to choose your results by understanding that you can accept, reject or create any belief.

1. CHECK-IN & SHARE

- » JOY PWR Check-In
- » What did you experience as you used the Feelings Jar?



2. DISCOVERY DISCUSSION

- » What does it mean to be “spinning”?
- » The Blasting Tool
- » What Blasting Emotion(s) have you experienced recently?
- » What was your spin level?



3. MINDSET SHIFT

» Activity of walking through a level 2-3 spin



4. DISCOVERY DISCUSSION

- » There is a pattern to every spin we experience. What is this pattern?
- » What do you notice about your pattern of behavior?
- » What do you think needs to change so that a spin can be stopped? Why?



5. MINDSET SHIFT

» Activity on how to shift a spin



6. DISCOVERY DISCUSSION

- » What did you learn as you participated in using this Belief Pattern Tool?
- » What is the benefit of using this tool? Do you see yourself using this tool in the future?
- » Using the Belief Pattern Tool is the difference between ACTING and being ACTED UPON.



7. HOMEWORK

- » Set an alarm on your phone to go off twice a day. When the alarm goes off, do the following:
 1. Be aware of and make note of any Blasting Emotions
 2. Rate the Spin level of the Blasting Emotion
 3. In 10 words or less, note the situation
 4. Share with your team the 3 steps above.

*** This can be recorded on the worksheet, “Blasting Emotions”
- » Use a Level 2-3 Blasting emotion that you identify to fill out the “Belief Pattern” worksheet by using the Belief Pattern charts, and shift your Blast.



NOTES

The Blasting T O O L

STEP 1: Identify which BLASTING emotion(s) you are feeling. If you are feeling any of these emotions, you are spinning.

B - Bored, Blaming, Betrayed, Bingy, or Busy (overwhelm)

L - Lonely, Longing, Lazy, or Lacking

A - Angry, Anxious, Afraid, or Ashamed

S - Sad, Stressed, or Snacky

T - Tired or Taken for Granted

STEP 2: Identify the level at which you are spinning:

SPIN LEVELS:

Level 0 - This is where peace is. You feel safe, balanced, and comfortable as you are.

Level 1 - Your emotion is fleeting so it's hard to identify. You feel a little off but don't know why.

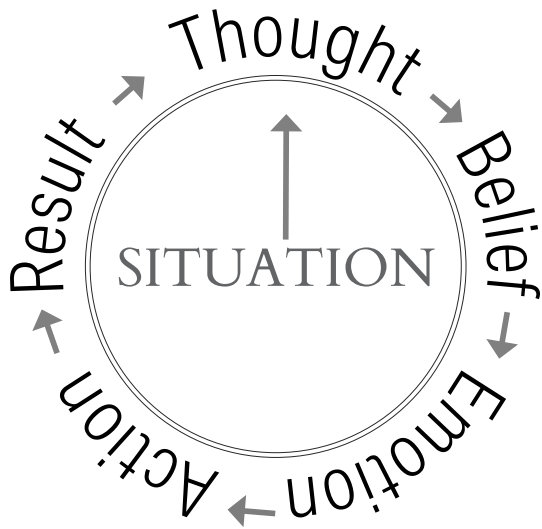
Level 2 - Your emotion is just under the surface but you can still easily brush it off or dismiss it.

Level 3 - Your emotion surfaces to your awareness. You know you are angry or stressed out and you may even express how you are feeling.

Level 4 - Your emotion has enough intensity that you seek a way to discharge its discomfort by venting, by stepping over boundaries in an attempt to gain control, by going to your preferred numbing activity, or by distancing yourself from others. Thoughts and conversations are irrational, and you feel crazy because no one understands why you're so upset. You may also go quiet mode and retreat.

Level 5 - Your emotion is so intense you can't think about anything else, or even think clearly. You are very reactive and nothing seems to work to get the spin to stop. This is also where the silent treatment comes in. Things have gone from irrational to obsessive, and the intensity leaves you feeling depleted, alone and ashamed so you cycle back to a level 2 or 3 for a while.

BELIEF PATTERN: The Spin



THOUGHTS: Planted by the Bully and his minions through the stolen radio.

BELIEF: What you have adopted as truth about the situation, giving it a negative assignment (usually a judgment about you or another person).

EMOTION: Generated and blasting from the chosen belief.

ACTION: What you chose to do based on your belief.

RESULT: Reinforces your belief to be “true”, and feeds the continuation of the cycle.

Blasting Emotion: _____

Spin Level: _____

Situation (10 words or less)

Thought

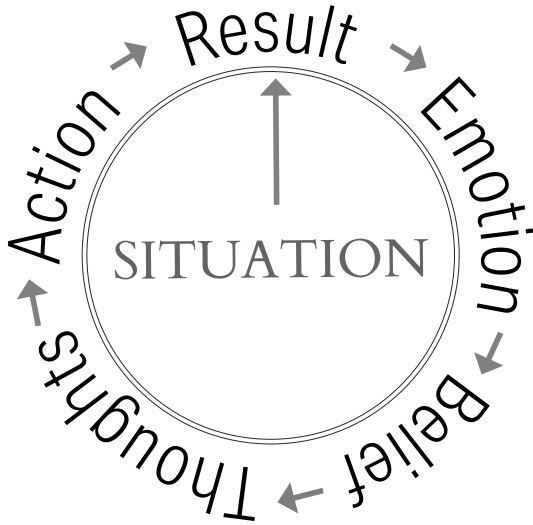
Belief

Emotion

Action

Result

BELIEF PATTERN: Shift the Blast



RESULT: What result would you have loved to experience instead, without changing the situation?

EMOTION: In order to get that result, what emotions do you need to have?

BELIEF: What could you believe about this situation that would have led to the emotion you would have liked to feel?

THOUGHT: Now that you are vibrating at a higher frequency, What thought(s) could God have inspired you with about this situation?

ACTION: What action would you have taken based on this new belief and the emotion that would have followed?

Situation (same as before)

Result

Emotion

Thought

Belief

Action

BLASTING Emotions

This week, check in with yourself twice a day to recognize how you are feeling. If you are experiencing a blasting emotion, record it, and then identify what level you are spinning at. Using this Blasting Tool will help you become more aware of when you are spinning in the moment, and in turn you will become more empowered to protect your joy regardless of your situations.

DAY #1

Blasting Emotion: _____
Spin Level: _____
Situation (10 words or less): _____

Blasting Emotion: _____
Spin Level: _____
Situation (10 words or less): _____

DAY #2

Blasting Emotion: _____
Spin Level: _____
Situation (10 words or less): _____

Blasting Emotion: _____
Spin Level: _____
Situation (10 words or less): _____

DAY #3

Blasting Emotion: _____
Spin Level: _____
Situation (10 words or less): _____

Blasting Emotion: _____
Spin Level: _____
Situation (10 words or less): _____

DAY #4

Blasting Emotion: _____
Spin Level: _____
Situation (10 words or less): _____

Blasting Emotion: _____
Spin Level: _____
Situation (10 words or less): _____

DAY #5

Blasting Emotion: _____
Spin Level: _____
Situation (10 words or less): _____

Blasting Emotion: _____
Spin Level: _____
Situation (10 words or less): _____

DAY #6

Blasting Emotion: _____
Spin Level: _____
Situation (10 words or less): _____

Blasting Emotion: _____
Spin Level: _____
Situation (10 words or less): _____

BELIEF PATTERN

BLASTING EMOTION: _____ SPIN LEVEL: _____

WHAT HAPPENED

Situation (10 words or less) _____

Thought _____

Belief _____

Emotion _____

Action _____

Result _____

EVALUATE: Did this experience serve you? Is this what you wanted? If not, why doesn't this serve you or others?

SHIFT the BLAST

Situation (same as above) _____

Result _____

Emotion _____

Thought _____

Belief _____

Action _____

EVALUATE: Did this experience serve you? Is this what you want? What do you now understand about yourself? What do you want to do differently in the future?

LESSON 6: Your Body is Your Gift for Joy

OBJECTIVES:

- To be reminded that your body responds to emotions.
- To make the connection that you have control over what your body does and what you use your body for.
- To make the connection that the goal of the Bully is to render your body useless as a tool for joy by enticing you to “numb out” via many different choices.
- To recognize that by intentionally using your body to stay present, you can interrupt negative thought spins and create new experiences that generate feelings of joy.
- To make a personalized plan about what to do in any situation to use your body to shift a spin in the moment it is happening.



- » How are your Joy Power Connections going?
- » NOTE: The tool you struggle with the most is the one Satan doesn't want you to use because it will benefit you the most.
- » Why are you fighting for joyful experiences?
- » What did you experience as you used the Belief Pattern Tool?



- » NOTE: Your body has the ability to signal when it is not in harmony with peace and joy.
- » “No problem can be solved from the same level of consciousness that created it.” (Albert Einstein)



3. DISCOVERY
DISCUSSION

- » When you are spinning in a negative thought pattern, and emotions are running high, what do you do with your body to try to escape it?
- » When you are spinning and use these “escape” behaviors, what is the general outcome?
- » NOTE: Satan wants you to “escape” and “numb out” when you are experiencing a spin. You need to INTERRUPT the spin.
- » Why is the body the key to interrupting a level 4 and 5 spin?
- » NOTE: You were not born to be his slave!



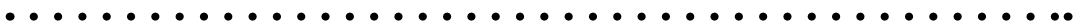
4. MAKING
A PLAN

- » “Plan the Reboot” worksheet.
- » What are some ways you can use your body’s abilities and senses to reboot and discharge the spin in healthy ways for various situations?
- » What things do you like to do with your body that are joyful?



5. MINDSET
SHIFT

- » NOTE: You can use your body to produce emotion.
- » Dis-empowering Stance



6. DISCOVERY
DISCUSSION

- » What did you experience and feel during the activity?
- » How did your body respond? What did you notice about the connection between your body and your emotions?



7. MINDSET SHIFT

» The Power Stance



8. DISCOVERY DISCUSSION

- » What did you experience different this time?
- » How did your body respond?
- » What have you learned from this?



9. MAKING A PLAN

- » “Plan the Reboot” worksheet.
- » What is one thing you want to do this week with your body when you are in high-level spin in order to interrupt it?
- » When you think of doing this action, what emotion does that create in you? How does that emotion show up in your body?
- » You are a powerful being with unlimited potential. Use your body for good!



10. HOMEWORK

- » Finish filling out your “Plan the Reboot” worksheet.
- » Use at least three of your listed ideas this next week to overcome any spin, and to generate feelings of joy in your body.
- » Watch the provided Amy Cuddy video and report on what you learn.



NOTES

PLAN the REBOOT

How can you use your body's abilities and senses to Ctrl/Alt/Del your level 4 & 5
spin back to a level 3 so you can process it?

What things do you like to do with your body that are joyful?

USE YOUR SENSES

HEAR - (Listen to music, nature, or a podcast, etc.)

SMELL - (Breath-in essential oils, flowers, food, etc.)

TOUCH - (Feel the breeze, a treasured object, a pet, etc.)

THINK - (Recite affirmations, puzzles, meditate, nap, etc.)

SEE - (Go for a drive, watch kids play, look at photos, etc.)

SPEAK - (Call a friend, sing, recite something, etc.)

TASTE - (Savor a favorite food, try something new, etc.)

MOVE - (Exercise, do an errand, go for a walk, dance, etc.)

Alone

At Home

In Front of Your Kids

At Work

In Public

Other

NOTE: Discharging the energy is needed. However be sure to list healthy ways to release that energy instead of negative habits or something you would normally do to “numb-out”.

LESSON 7: Weeding Your Garden

OBJECTIVES:

- To feel closer to your Savior through His atoning power.
- To learn how to release undesired negative emotions.
- To gain understanding that you can feel what you want to feel in an empowering way.

1. CHECK-IN & SHARE

- » How has your Joy Power Connections benefited you the most this week?
- » What is your Joyful Moment?
- » Did you have an opportunity to “break a spin” this past week? If so, what was your experience?



2. MINDSET SHIFT

- » Do you feel like you are using all the tools you have learned so far, investing time and effort, and yet feel like you are lacking joy?
- » If so, what does this mean?



3. DISCOVERY DISCUSSION

- » NOTE: Just like the fact that there are various kinds of beautiful gardens in this world, there are various gardens we can nurture in our lives. For example: a garden of peace.
- » What kind of garden do you want right now?
- » Why do weeds exist and what are some different ways that they show up?
- » What are some “weeds” that show up in your garden, that are trying to choke the plants you do want?



4. MINDSET SHIFT

» NOTE: There is a Master Gardner who is always willing to help you.



5. WEEDING TOOL

- » You do not need to know HOW to get rid of the weeds, you just need to be willing to be rid of them.
» How do you feel about this tool?
» Do you feel like this is a tool that you can use?

THE WEEDING TOOL - Step by step

- 1. RECOGNIZE: Be aware of the emotion.
2. BRING IT TO THE LORD: Go into a quiet space and tell Him what is happening.
3. LET THE EMOTION BE PRESENT IN YOUR BODY: Be present and feel it. Let Him see it.
4. CREATE THE SPACE FOR SOMETHING NEW: Ask for the desire to let it go and ask for the Lord to help you pluck it out.
5. SACRIFICE IT TO HIM: Offer the negative emotion to the Lord.
6. SEE HIM ACCEPT IT: See the Lord take your weed.
7. FIND A REPLACEMENT: What would you like to plant in your garden instead?
8. PLANT THE SEED: "When was the last time I experienced that emotion?"
9. WATER THE SEED: Breathe in the new emotion. Notice where in your body you are feeling it.
10. NURTURE THE PLANT: Express gratitude.
11. ENJOY YOUR GARDEN: Get up and get busy with your life.

The WEEDING TOOL

1. **RECOGNIZE:** Be aware when you are experiencing a negative emotion that has entered your garden of [peace, joy, clarity etc.], and is crowding out the things you desire to experience.
2. **BRING IT TO THE LORD:** Go into a space where you can pray and tell the Lord what you are experiencing. Really explain it, and don't judge it as right or wrong. Just tell Him what is happening.
3. **LET THE EMOTION BE PRESENT IN YOUR BODY:** Do not push the emotion down or tell yourself you shouldn't be feeling it. It's okay, just feel it. Be present with the Lord as you experience whatever it is that you are experiencing. Let Him see it.
4. **CREATE THE SPACE FOR SOMETHING NEW (Law of the vacuum):** Once you are present with the emotion and are feeling it in your body, ask for help in getting to the root of the emotional weed. Ask for assistance in plucking it out by the roots. This is really, really important! Many times, we are really attached to our weeds. We want to hang on to them even though they are not good for our garden and that is okay. You do not need to do this alone. Ask for the desire to let it go and ask for the Lord to help you pluck it out.
5. **SACRIFICE IT TO HIM:** Offer the negative emotion to the Lord. You do not need to know how not to feel the emotion. You only have to be willing to not experience it. You can do this by visualizing yourself walking the weed of [doubt, fear, anger, inadequacy etc.] to an altar and offering it. Sometimes, you can do this by laying it at the Lord's feet. Know that He always receives these sacrifices as a precious gift.
6. **SEE HIM ACCEPT IT:** Stay there and see the Lord take your weed. See Him treating your sacrifice with reverence and gratitude. Feel His gratitude for allowing Him to be your Christ. He knows this is a free will offering and He is so happy to accept this gift.
7. **FIND A REPLACEMENT:** Think of what you would like to plant in your garden in the place of the weed. If nothing comes to mind, ask the Master Gardener what would be good to plant so that you can experience the beautiful garden you desire to have.
8. **PLANT THE SEED:** Once you have a replacement emotion (hope, courage, confidence, cheerfulness etc.) ask yourself, "When was the last time I experienced that emotion?". Once you have found the memory, let the emotion attached to that memory come up.
9. **WATER THE SEED:** With the emotional memory present, feel all the wonderful emotions associated with that memory. Take a deep breath. Breathe in the replacement emotion down into every cell of your body. Take another breath and feel, feel, feel. Let the new emotion be fully present in your body, and notice where in your body you are feeling it.
10. **NURTURE THE PLANT:** Ask if the Lord will plant this new feeling in your garden. Express gratitude for the experience and for what it is to weed with the Master Gardener.
11. **ENJOY YOUR GARDEN:** Get up and get busy with your life. It's really okay to just enjoy what your new garden looks like and feels like. Enjoy your garden of [peace, clarity, lightheartedness, etc.] If Satan poops in the garden and a weed grows again, the Master Gardener will be there waiting for you. He will always be there. You will always leave your weeding session feeling better.

WEEDING the GARDEN

When you feel negative emotions (weeds) that you simply don't know how not to feel, it is an opportunity to go to the Master Gardener. With Him, you can weed out those things that are getting in the way of the type of garden that you want to grow. Use the Weeding Tool and then record your experience by filling out this worksheet.

WHAT TYPE OF GARDEN DO YOU WANT? _____

WHAT ARE THE WEEDS (EMOTIONS) OVERRUNNING YOUR GARDEN SPACE? _____

WHAT NEW EMOTIONS HAVE YOU PLANTED IN YOUR GARDEN? _____

WHAT DID YOU EXPERIENCE AS YOU USED THE WEEDING TOOL? _____

LESSON 8: Re-framing the Past

OBJECTIVES:

- To honor your perspective as your truth and to honor the emotions generated by those perspectives.
- To make a connection to how your perceptions and perspective may be affecting your experiences.
- To embrace the possibility that there may be a different perspective of the past, that when considered, could release you from the pain of your initial perspective.
- To obtain a tool to work through your past experiences so that you can be released, through Christ, from your pain.
- To understand that by choosing to rely on the Lord for a new perspective, the past can be released, joy can be experienced now, and you can experience the power and FREEDOM to move into creating what you want to experience.



- » What was your struggle this week? What was your Joyful Moment in the midst of that struggle?
- » What did you experience as you used the Weeding Tool?
- » Do you have any questions about using the Weeding Tool?



- » Why is it so essential to dismantle your emotional landmines?



3. MINDSET
SHIFT

- » How have we been taught in the past to hold onto hurts and not forgive?
- » In what ways have you been like Child A?
- » In what ways have you been like Child B?
- » How can you turn to Christ for true healing?



4. DISCOVERY
DISCUSSION

- » Becky’s perspective vs. Angela’s perspective.
- » What did the Radio Operator tell you about the situation?
- » “Worship with all your heart, might, mind and strength.” The mind is not your brain. Your mind is your perspective. It is how you see your situation.
- » Getting a new perspective can heal and release pain. But a new perspective doesn’t change the fact that you can feel pain.
- » Can you find healing without ever being acknowledged by the one who hurts you?
- » How can going to the Savior lead to healing?



5. FORGIVENESS
TOOL

- » NOTE: When we learn a new perspective about a situation, it gives us an opportunity for healing and freedom from the emotional pain. We can receive healing and peace when we forgive.
- » Forgiveness Tool:

1. MAY I BE LOVED.

2. MAY MY NEAREST AND DEAREST, MAY THEY BE LOVED.

3. MAY THOSE WHOM I HAVE HURT, WHETHER INTENTIONALLY OR UNINTENTIONALLY, MAY THEY BE LOVED.

4. MAY THOSE WHO HAVE HURT ME, WHETHER INTENTIONALLY OR UNINTENTIONALLY, MAY THEY BE LOVED.

5. MAY I BE LOVED.



- » What did you experience as we did that?
- » How did you feel? How did your body respond?
- » NOTE: The Weeding Tool is very helpful with re-framing the past. You can weed emotions AND beliefs. When you weed or re-frame your beliefs, it may take multiple times to fully make that shift.



- » Fill out the “Re-frame the Past: Part 2” worksheet by seeking a new perspective.
- » Use the Forgiveness and Weeding Tools when you find a new perspective and record your experience.

NOTES

RE - FRAME THE PAST

Refer to Part 1 of this worksheet to complete Part 2. Using the same situation as before, what is your new perspective? With this new perspective, fill out the Belief Pattern again.

When you are ready, use the Forgiveness Tool (and the Weeding Tool if necessary) to find peace and healing from the past. Record your experience on the following page.

Situation (The situation is the same as before.)

Thought (What is your old perspective?)

Thought (What is your new perspective?)

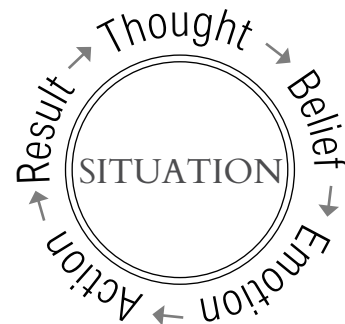
Belief (How would this new perspective change your belief about what happened?)

Emotion (What emotions would you experience with this new understanding and belief?)

Action (How would your actions have been different?)

Result (How would your results have been different?)

B E L I E F
P A T T E R N



LESSON 9: Dare to Dream

OBJECTIVES:

- To understand that your highest potential is as a creator like God.
- To accept the truth that it is okay to dream.
- Receive support as you wrestle with the idea that dreaming is okay and safe to do.
- Receive a challenge that will help you begin dreaming in several different areas of your life.

1. CHECK-IN & SHARE

- » What is your Joyful Moment?
- » What did you experience as you re-framed your past?
- » What did you do to get a different perspective of a situation?
- » What did you experience as you used the Forgiveness Tool?

.....

2. DISCOVERY DISCUSSION

- » Is it okay to dream, to think of life differently than it is right now? Why?
- » When you were little, what was a favorite game of pretend that you played? Did you enjoy creating in your mind without worry of limitations? Was it okay to dream when you were little?

.....

3. MINDSET SHIFT

- » What stands out to you and touches your heart in the following quote?

“God expects you to have enough faith and determination and enough trust in Him to keep moving, keep living, keep rejoicing. In fact, He expects you not simply to face the future (that sounds pretty grim and stoic); He expects you to embrace and shape the future - to love it and rejoice in it and delight in your opportunities.

God is anxiously waiting for the chance to answer your prayers and fulfill your dreams, just as He always has. But He can't if you don't pray, and He can't if you don't dream. In short, He can't if you don't believe.

(Jeffrey R. Holland, “Terror, Triumph, and a Wedding Feast,” BYU Devotional, September 12, 2004.)

.....

4. DISCOVERY
DISCUSSION

- » If it is true then, that Heavenly Father wants you to dream and to have desires, and that He is anxious to bless you with those blessings, how does that make you feel? What are your “yeah, buts”?
- » NOTE: God is a god of abundance and has limitless supply. You're not going to put God out or limit Him if you ask. God, Himself, lives the law of Consecration.
- » Where is Satan in all of this? Why is he trying to keep you from dreaming, asking and seeking?

.....

5. MINDSET
SHIFT

- » Matthew 7:7-11. Read this with your name inserted in the passage.
- » “Create Your Day” worksheet
- » NOTE: Co-Creating your day allows for God to unexpectedly pivot your plans in the best possible direction.



6. DISCOVERY
DISCUSSION

» What did you experience as you created your day?



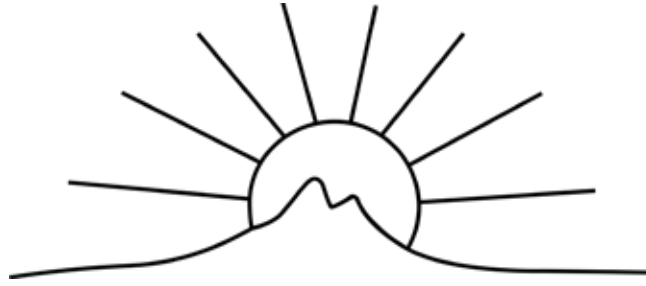
7. HOMEWORK

- » Complete one “Create Your Day” Worksheet each day this week.
- » Practice sharing with God the things on your plate and how you would love to feel during your day. Tell Him you are willing to allow Him to bring those emotions in whatever way He sees as best.



N O T E S

CREATE YOUR DAY



1 What do I have on my plate today?

- _____
- _____
- _____
- _____
- _____

2 How would I love to feel?

- _____
- _____
- _____

3 Find a memory of when you felt that emotion.

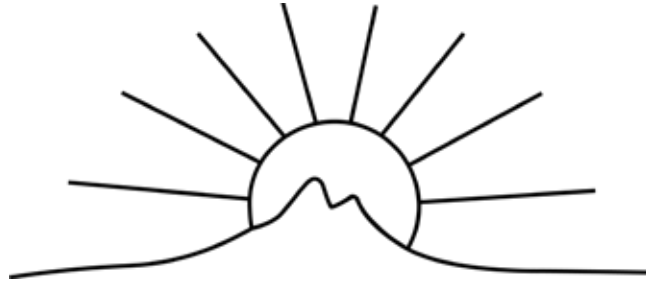
4 Stay in the memory long enough to feel that emotion in your body now.

5 Attach those emotions to things on your plate.

6 Talk with God. Share with Him your desire for the day and ask Him to help provide the avenues in the best possible way.

7 Enjoy Your Day

CREATE YOUR DAY



1 What do I have on my plate today?

- _____
- _____
- _____
- _____
- _____

2 How would I love to feel?

- _____
- _____
- _____

3 Find a memory of when you felt that emotion.

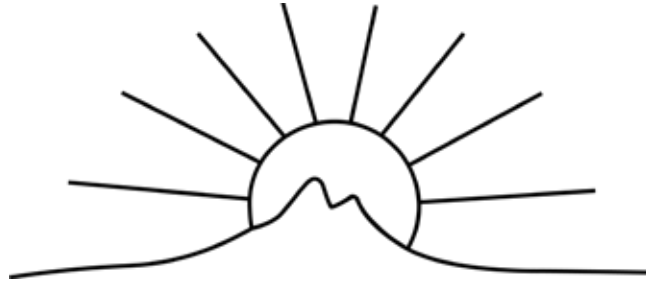
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7 Enjoy Your Day

CREATE YOUR DAY



1 What do I have on my plate today?

2 How would I love to feel?

3 Find a memory of when you felt that emotion.

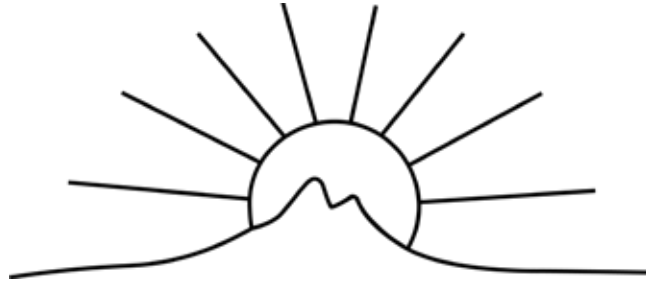
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6 Talk with God. Share with Him your desire for the day and ask Him to help provide the avenues in the best possible way.

7 Enjoy Your Day

CREATE YOUR DAY



1 What do I have on my plate today?

2 How would I love to feel?

3 Find a memory of when you felt that emotion.

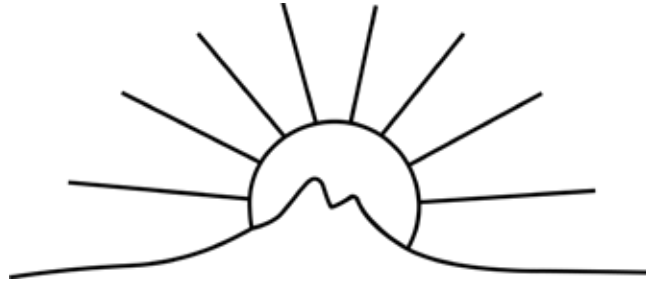
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6 Talk with God. Share with Him your desire for the day and ask Him to help provide the avenues in the best possible way.

7 Enjoy Your Day

CREATE YOUR DAY



1 What do I have on my plate today?

2 How would I love to feel?

3 Find a memory of when you felt that emotion.

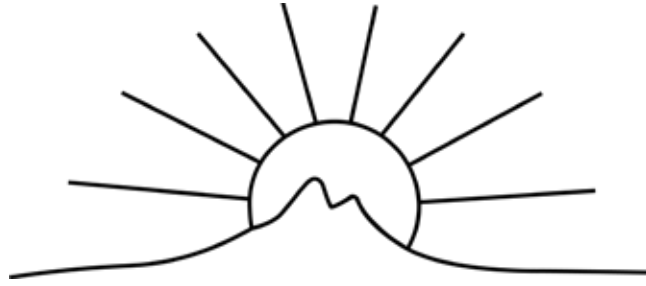
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7 Enjoy Your Day

CREATE YOUR DAY



1 What do I have on my plate today?

2 How would I love to feel?

3 Find a memory of when you felt that emotion.

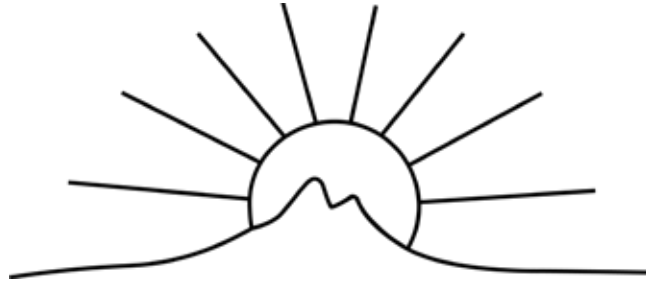
4 Stay in the memory long enough to feel that emotion in your body now.

5 Attach those emotions to things on your plate.

6 Talk with God. Share with Him your desire for the day and ask Him to help provide the avenues in the best possible way.

7 Enjoy Your Day

CREATE YOUR DAY



1 What do I have on my plate today?

2 How would I love to feel?

3 Find a memory of when you felt that emotion.

4 Stay in the memory long enough to feel that emotion in your body now.

5 Attach those emotions to things on your plate.

6 Talk with God. Share with Him your desire for the day and ask Him to help provide the avenues in the best possible way.

7 Enjoy Your Day

LESSON 10: Ask and Receive

OBJECTIVES:

- To understand the difference between anticipation and expectation, and how the two words relate to the creation process.
- To understand how to get to the root of a desire and the importance of doing so.
- To become aware that there is a pattern for creation and to begin to expand your understanding of this pattern.
- To Gain an understanding of what to do about the “how” in the creation process.
- To gain greater understanding of what it looks like to let go and let God.
- To gain an understand of how to see and feel your desires as if they are a reality.



- » How did dreaming go as you wrote down some of your desires?
- » Did you experience joy in the process?
- » What was scary or challenging? What “yeah buts” came up?



- » What do you think is the difference between expectation and anticipation?
- » NOTE: There is a worksheet that is specifically for this discussion.
- » When was the last time that you experienced happy anticipation?
- » NOTE: Breathe in that feeling and experience it.



- » How do you get to the root of a desire?
- » Why is it important to get to the root of a desire?
- » The Creation Pattern’s first three steps: Desire, See it, and Feel it.



4. DISCOVERY DISCUSSION

- » In order to get what you desire, do you need to know the “how”? Do you need to know each step along the way for how your dream will become a reality, or can you trust that your fairy godmother will just bring it to you?
- » What does it feel like to release the how, to not have to figure it out?
- » NOTE: Satan’s lie is that if you are not figuring out the exact plan of how your desires can happen, he tells you that you are not being responsible for your future, and then he causes you to feel overwhelmed and suggests that you quit.
- » What if God just wants to grant your wishes? What if you just need to keep taking the next correct steps forward to receive them?
- » NOTE: You do not need to know the how, and it may be easier than you think.
- » What do your desires look like if you were to release your worry and struggle? If you don’t know, are you willing to find out?
- » What if you have permission to not struggle? Are you willing to learn how to strengthen your faith and move forward?
- » What thoughts did you have as you read the “Faith Over Fear” homework? What connections can you see in that reading to what we discussed today?



5. HOMEWORK

- » Choose two desires that pull at your heart, and that feel the most valuable to you. Fill out the “Create Formula” worksheet.
- » NOTE: It is important to remember that you are trying to raise your vibration towards what you desire. What you desire does not need to show up in exactly the way you describe. You are mostly trying to form an emotional connection to your desires (which at the root of all desires lies an emotion or non-tangible state you want to experience). Also, it is important to remember you can only do the work for one person: yourself. You cannot expect others to act in any certain way in order to fulfill your desires.
- » Watch the video, “Neurons that Fire Together Wire Together” by Joe Dispenza in preparation for next week’s lesson.



NOTES

EXPECTATION vs ANTICIPATION

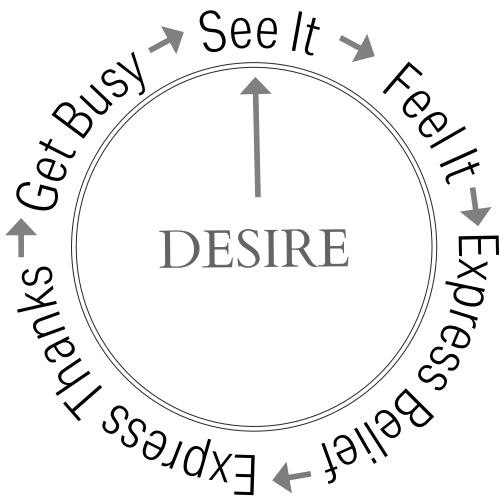
EXPECTATION

What does it mean when you have expectations? _____

ANTICIPATION

What does it mean when you have anticipation? _____

CREATION Formula Worksheet



DESIRE: What would I love?

SEE IT: What does it look like when your desire is fulfilled?

FEEL IT: What emotions do you experience when your desire is fulfilled?

EXPRESS BELIEF: (Declarations) What do you believe, or wish to believe about your desire?

EXPRESS THANKS: (Pure Gratitude) What are you grateful for, in the past, present and future?

GET BUSY: What actions do you feel inspired to take? What is the next right step?

Desire (What would I love?)

See It (What does it look like when your desire is fulfilled?)

Feel It (What emotions do you experience when your desire is fulfilled?)

Express Belief (What do you believe, or wish to believe in regards to your desire?)

Express Thanks (Express and feel gratitude for the gifts of the past, the present, and what is on its way now.)

Get Busy (What actions do you feel inspired to take? What is the next right step forward?)

LESSON 11: Declarations

OBJECTIVES:

- To receive the next step of the Creation Pattern.
- To learn that there is a tool to reprogram your neuro-pathways, and to understand how to use it.
- Learn how to take a desire and craft a declaration for it.
- To understand the power of repetition and emotional charge in order to make a new belief take root so that you can spring into growth.
- Make a plan for repetition of your declarations.

1. CHECK-IN & SHARE

- » What is your Joyful Moment for the week?
 - » How is your Joy Power Connections going?
 - » What did you experience or learn as you chose two desires and filled out the homework? What did you struggle with?
-
-
-



2. DISCOVERY DISCUSSION

- » What “ah-hahs” did you have as you watched the Joe Dispenza video, “Neurons That Wire Together Fire Together”?
 - » What was your take away?
 - » What does this have to do with dreaming and creating joy?
-
-
-



3. MINDSET SHIFT

- » What is a declaration? Why is it different than an affirmation?
 - » Why do you think a declaration can make you uncomfortable, as if you are telling yourself a lie?
 - » Activity: Forming a Declaration
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4. DISCOVERY
DISCUSSION

- » Why is repetition of new thoughts so important? What happens in our brains with repetition?
- » As you watched the bean seed video, where do you think declarations are in the growth process? Why?
- » What other “ah-hahs” did you have?



5. MINDSET
SHIFT

- » When you have too much junk food, what are the physical sensations that you experience?
- » When you go down the rabbit hole by entertaining negative beliefs and thoughts, what are the emotional and physical sensations that you experience?
- » When you have a really healthy meal, what are the physical sensations that you experience?
- » When you nurture positive thoughts through your power goals, listening to inspirational talks, or having spiritual conversations, what emotional and physical sensations do you experience?
- » NOTE: Declarations can also be compared to putting your brain on a special mind diet.



DECLARATION Examples

SPIRITUAL

I hear God's voice and respond quickly. I am grateful for His loving guidance and personal attention.
I am chosen by God to be an instrument in His hands, and I choose to serve humbly and freely.
I am at peace in all things, for I know whose I am.

HEALTH

I am kind to my body. I give her what she needs to thrive and she responds to me with strength and vitality.
I am grateful for the feelings of health and wellbeing that abound in me.
I am full of energy and I feel strength in my body.

FINANCIAL

I am comfortable with money. I spend it with integrity and have fun with it.
I feel humility, gratitude, and closeness to God even with financial success.
I have everything I need when I need it.

RELATIONSHIPS

I am a kind and loving parent.
I create a safe, loving, and supportive space for those I love.
I am safe and cherished.

PERSONAL GROWTH

I am limitless and free.
I am who I am meant to be.
I am motivated and confident.

HABITS

I thrive in the present and in the abundance of time that I have.
I find joy in the morning and rise early to embrace the new day.
I am strong and capable.

STRENGTHS

I keep commitments to myself and others.
I speak light into others.
I have a voice that is worth sharing.

ENJOYMENT

I treasure motherhood and embrace each moment with love and joy.
I create my best life, magnificently!
I enjoy finishing my projects and find great satisfaction in being creative.

OTHER

I have all I need to make today a great day.
I follow the Spirit in knowing what is needful and I trust that it is enough.
I am lovable just as I am.

RESCUE in MOTION

A true story by: Ann Ferguson

I love it when the Spirit says, “Come on, we’re on an adventure.”
That’s what happened this morning.

Today is the first day of school. I had my morning all planned out but my plans quickly unraveled just as the day was starting. God had something else in mind for my day. He was orchestrating a perfectly timed rescue.

Jaden’s bus was scheduled to come at 6:45. It didn’t come until 7:10. My original plan was to get Jaden on the bus, exercise for a bit, read scriptures, shower and leave for work. If all went smoothly I would have had several hours to myself before heading out. But things didn’t go smoothly and I had to adjust. I rearranged the morning in my head and decided let of trying to exercise. The girls would be on the bus and my alone time could be spent at a more leisurely pace.

To my surprise the girls met me at the door. They were not only up, but they had eaten breakfast and were dressed and ready to go.

“Mom” my oldest daughter said with a tone that was apologetic but hopeful, “Will you drive us to school today? It’s the first day of school and we really don’t want to ride the bus.” The high school was thirty minutes away. I sighed as I let go of my long shower and leisurely morning. Their excitement was infectious and their faces held so much anticipation I couldn’t resist.

“If I’m driving you into town I might as well go to work.” I reasoned. “It makes no sense to spend my entire morning in the car driving back and forth when the office is just 5 minutes away from the school. Give me ten minutes, and we will head out.”

“Thanks Mom they said in unison.”

I dropped off the girls and headed to the office. As I was about to turn onto the highway, a thought passed through my mind to go the other direction and read scriptures at Union Point Park. I brushed it aside and promised myself that I since I was there an hour early, the first thing I would do was read my scriptures. I got to my desk pulled out my iPad and started to read. For some strange reason I couldn’t focus. I read the same passage over and over, but I my mind kept wandering. I bowed my head and asked the Lord to help me focus on His word, and learn what He wanted me to learn today. As I was praying, I heard a laugh in my mind and the words, “I told you to go to the park.” That was not what I wanted to hear. I didn’t want to go to the park now that I was at work. The Spirit however wasn’t negotiating on this. I heard again, “I told you to go to the park.” This time I obeyed. I shut the iPad, put it in my purse and walked out of the office.

When I got into the car, the gas light went on. I knew I would have enough gas to get to the park and back, so I reasoned that I could get gas on my way home from work. I was focused on getting to the park. As I was waiting for the light to change so I could turn onto the main highway, I felt the impression that I needed to get gas right then. I was resistant, but again the Spirit was not going to let me ignore him. I heard once again, “Go get gas.” When it finally clicked that the Spirit was trying to get my full attention, I got excited. I realized we were on an adventure together.

I filled my tank and happily drove to Union Point Park. When I got there, I asked the Spirit with excited anticipation, “Where do you want me to park?” The Spirit guided me and I found a spot across from the river

and then said, “Now where do you want me?”

I scanned the area and was drawn to a picnic table. Immediately, I knew that was the place. I sat down and started reading. It was one of the most personal, enlightening study sessions I have ever had. I saw things that confirmed some godly mysteries that I had been pondering.

I enjoyed this spiritual feast for about thirty minutes, when I heard, from somewhere in the distance, a car that was having trouble starting. I briefly acknowledged that I had noticed it and turned my focus back to the scriptures. I tried to pick up where I had left off, but the words seemed to be in another language. Nothing made sense anymore. It was like the master teacher left the classroom, and the session was over. I wanted to stay in class, so I tried to focus with more intensity. Just as I started to read again, I heard the car try to turn over for a second time. It was at that moment my mind caught hold of what was truly happening. I looked towards the sound of the struggling car and saw a teenage boy desperately trying to get it started. He happened to be parked right behind my car. I knew it was not a coincidence. A sudden burst of understanding came to me and illuminated the entire situation. That was why I was at the park! I was supposed to help this kid.

I shut my iPad, stood up and walked over to him. I asked if I could offer some help. He asked if I had jumper cables. I replied, “No, but I can take you wherever you need to go.” He timidly stated, “I have jumper cables at my house but, it is all the way in James City. It’s about ten minutes away.” I smiled to myself and said, “No problem. I’ve got the time and the gas. Jump in the car. I’ll take you home to get them.” The pieces were starting to make sense. This was why the Spirit had prompted me to get the gas. I would not have been in a position to help him if I hadn’t heeded that prompting.

His reaction was one of disbelief. It seemed like he was having a hard time accepting that a complete stranger would be so willing to help him. He took a moment to weigh his options and then agreed to let me take him home.

I drove him home and drove back to the park. There was nothing super special about our conversation. I simply helped him. As I turned to leave, he thanked me and then thanked me again. He explained that his boss had told him that if he was late for work one more time he would be fired on the spot.

It was so fun being used by the Lord today. What strikes me is the fact that the Lord loves this kid so much that he began a rescue two hours before the car failed to start. It was put into motion when Jaden’s bus was late. Tonight, I have been thinking about this boy. When did he turn his heart to God and say a quick prayer for help? Was it the second time I heard the car struggling? Was it at the moment the Spirit illuminated the situation for me? From his perspective, the answer to his prayer came when I walked up and asked if there was anything I could do for him. In the grand scheme of his day, the Lord answered it long before he knew he needed the help, or uttered the prayer.

How many times has that very thing happened in my life? Who knows, maybe something like this is happening for me right now.

Heavenly Father truly knows what we stand in need of before we even ask. He already has in motion our rescue. Not only for the little unfavorable situations in our lives, but for the bigger, more critical things too. The pieces in the great puzzle are always moving and being shifted by the Master for our ultimate good. The truth is, God loves us so much that he orchestrated our rescue before the earth was created. Christ was appointed to rescue me.

A little more than 2000 years ago, He was a young man in Nazareth. He was being taught who He was and was learning to respond to the Spirit so that he could accomplish the Great Rescue; the Eternal Rescue.

Just as I was leaving the boy at the park, I called out, “Hey, God really loves you.” As I write this now and make the connection to what I was allowed to be a part of, it is hitting me with great power once again.... God really loves me!

LESSON 12: Pure Gratitude

OBJECTIVES:

- Review the course objectives and tools. Evaluate their impact on you personally.
- To contemplate what your next step is.
- To understand what pure sacrifice and pure gratitude are.
- To feel pure gratitude by examining what God has done for you to bring you to where you are right now.
- To receive the final steps of the Creation Pattern as well as the Gratitude Tool.
- To understand how to use the full Creation Pattern to create experiences that generate feelings of joy.



- » What is your Joyful Moment that came as you used one of the tools that you have been given?
- » What did you experience as you created and used your declarations?
- » What did you do to begin programming your declarations into your subconscious mind?



- » How has the Joy Power Connections Tool made a difference for you?
- » In the beginning of the course, which objective stood out to you the most? Do you feel like you have obtained that objective?
- » In what ways is your life different than it was three months ago?
- » Which of the Igniting Your Belief tools are you the most grateful for and why?
- » How do you want your life to be going forward? Do you see these tools as being of use to you in the future, and how so?



3. MINDSET
SHIFT

- » Where does gratitude show up in your body?
- » Does anyone here have a hard time feeling grateful?
- » Why do you think that might be?
- » NOTE: Pure sacrifice is given or done out of pure love. There is no need for recognition. The joy experienced from the person offering the gift comes from serving, loving, and giving for someone out of love - whether the recipient deserves it or not.
- » NOTE: Pure gratitude is a recognition and awareness of the loving act in your behalf. There is no guilt, shame or indebtedness because the sacrifice was free. The experience of being loved and being cared for is fully accepted and received by the recipient because nothing is owed. Love for the person willing to give of themselves, their time, talents and energy is what naturally comes forth. There is no question of worth or whether or not one deserves the gift. When the sacrifice is truly free of the condition of deserving, and the recipient of the gift realizes that their behavior doesn't warrant a gift, the love received is magnified and so is the expression of gratitude. The natural product of this interchange is a desire to return love.
- » NOTE: When you use the Creation Pattern and begin to ask for your desires in the right way, it's okay to receive these desires and to receive them in pure gratitude because they are given as a pure gift to you. You can feel your Father's love as you receive His abundance in every aspect of your life. His joy comes from your willingness to receive His good gifts. He loves watching you enjoy them!
- » Based on all that we have discussed, what is your responsibility and what is God's responsibility in the creation process?
- » Reflecting on the tools you now have, how can you personally implement them to create experiences that generate feelings of joy?



4. DISCOVERY
DISCUSSION

- » Have you ever recognized when someone did something for you that was given so freely, that you couldn't help but love them?
 - » Have you ever given something out of pure love and it was received with pure joy? When?
-
-
-



5. MINDSET
SHIFT

- » Receiving Exercise
 - » What was your takeaway from the reading assignment?
 - » What do you see right now, that God was orchestrating for you 3-6 months ago?
 - » Can you feel gratitude for things that are on their way - things that you can't see or know are working together for your good?
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6. DISCOVERY
DISCUSSION

- » How have the tools presented in this class helped you?
 - » Would you like continued support?
 - » What is your next step?
-
-
-



7. HOMEWORK

- » Complete the "What I Received Today Is" worksheet.
 - » Please look for and fill out the feedback form that will be coming
 - » Consider continuing your journey by retaking Igniting Your Belief; joining a Creator's Mindset Training or Mentoring @ Home; or joining the Joyful Living Forum for continuing support and community.
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NOTES

WHAT DID I RECEIVE?

For the next 7 days, record what you receive each day. You are exercising your receiving muscles.



What I Received Today Was...

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

Igniting Your Belief TOOLBOX

BREATHE IN JOY

Think of a Joyful Moment and allow yourself to sit in that feeling by taking a deep breath and leaning into your joy.

JOY POWER CONNECTIONS

Be intentional in accessing Joy and Power in your life by reaching out and touching Heaven, and connecting with self and others.

REMEMBER WHO YOU ARE

Remember that your tendencies are yours and that others have their own tendencies as well. Be aware of the enemy who has your radio, and watch out for his lies about who you are and about the tendencies of others. Seek for the truth & claim it.

LISTEN TO YOUR THOUGHTS

When you need help distinguishing between the voices in your head, or you don't know how to proceed forward, do the Thought Stream. Remember that the "yeah, buts" come from Satan and they are real obstacles only if you believe them to be.

HONOR WHAT YOU FEEL

Use the Feelings Jar to help practice recognizing what you feel and what others feel. Honor your feelings as well as the feelings of others by allowing yourself and others to safely be present in any emotion.

CHECK-IN ON SPIN LEVEL

If you are blasting, determine what level of a spin you are experiencing. Honor where you are at, and use all the tools necessary for you to get back to joy.

CHOOSE A BELIEF

Work through the Belief Pattern to evaluate why you're reacting a certain way in a situation. Use this pattern often to become more aware of what you choose to believe, and then choose to believe something that will support how you desire to show up.

PLAN THE REBOOT

Use your body to increase positive thoughts and to exit a level 4-5 spin. Do something with your body that brings you Joy. Your body is your tool for creation, and one of your major advantages in defeating Satan.

WEED YOUR GARDEN

When all else fails, seek out the Master Gardener and do some “weeding”. Give your unwanted feelings and beliefs to Him, and ask for what you need to plant instead to be joyful and at peace in your heart and mind.

RE-FRAME YOUR PAST & FORGIVE

When you need to reprogram your beliefs because of the actions of others, try to see the past while being open to a new perspective. Use the Forgiveness Tool.

DARE TO DREAM

Become aware of the desires that you have, and give time and attention to those that create a deep yearning in your heart.

SEE & FEEL YOUR DESIRES

Use the first two steps of the Creation Pattern. Take time to envision your desires and feel in your body what it feels like when you are living in that reality.

RECITE DECLARATIONS

Craft declarations that foster your desires. Write in present tense and use words that resonate with your heart. Repeat them often, allowing yourself to really feel the words and let them sink in. Doing this will also strengthen your faith and bring you courage.

EXPRESS PURE GRATITUDE

Express and feel pure, loving gratitude for what you have received from God in the past, what you have in the present, and for all the things that are on their way to fulfill your desires.

Obtain. Protect. Create.

J O Y

| | |
|--------------|--------------|
| Understood | Praised |
| Generous | Silly |
| Terrific | Thankful |
| Tickled | Ashamed |
| Awful | Happy |
| Sad | Angry |
| Calm | Unrestrained |
| Withdrawn | Bugged |
| Disgusted | Fuming |
| Grumpy | Mad |
| Disappointed | Hurt |
| Miserable | Discouraged |

| | |
|-------------|-------------|
| Anxious | Irritated |
| Mean | Gloomy |
| Lonely | Sorry |
| Afraid | Bored |
| Curious | Jealous |
| Responsible | Shy |
| Worried | Competent |
| Forgiving | Contrite |
| Protective | Welcomed |
| Welcoming | Cooperative |
| Valued | Belittled |
| Heard | Lazy |

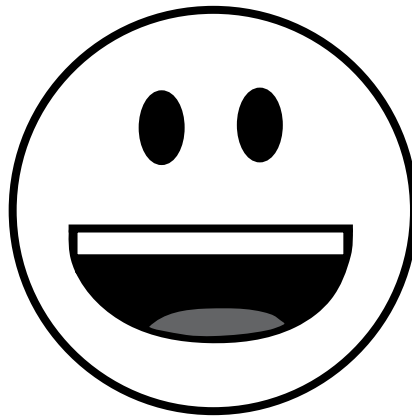
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|---------------|-------------|
| Brooding | Adaptable |
| Burdened | Relieved |
| Confused | Embarrassed |
| Moody | Scared |
| Uncomfortable | Smart |
| Deserving | Wise |
| Unworthy | Hopeful |
| Cheerful | Confident |
| Delighted | Content |
| Excited | Glad |
| Loved | Cherished |
| Proud | Relaxed |

| | |
|-------------|------------|
| Satisfied | Enthused |
| Unloved | Annoyed |
| Destructive | Frustrated |
| Furious | Teachable |
| Criticized | Seen |
| Empathetic | Apathetic |
| Motivated | Inspired |
| Peaceful | Energized |
| Manipulated | Important |
| Joined | Included |
| Safe | Blessed |
| Helpless | Guarded |

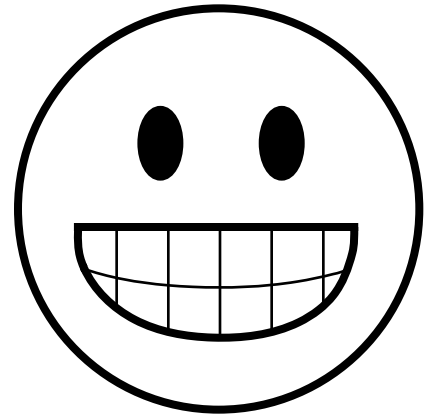
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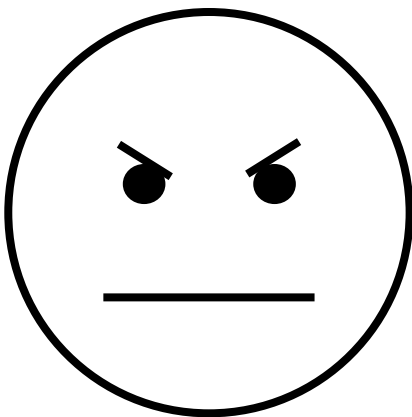
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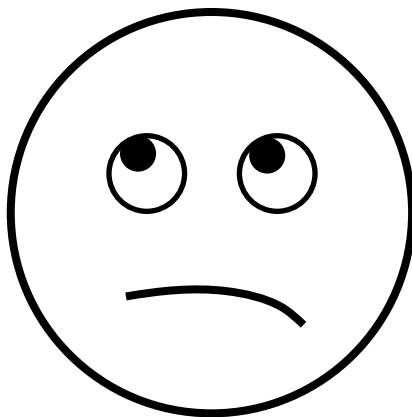
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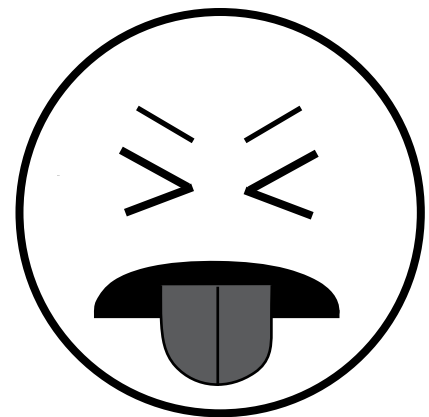
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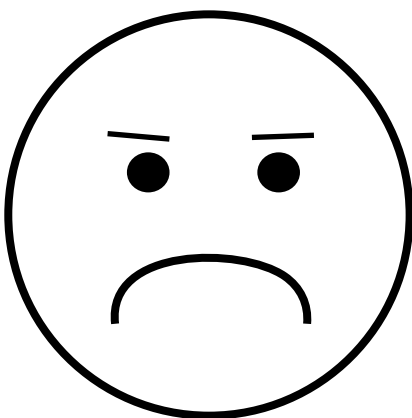
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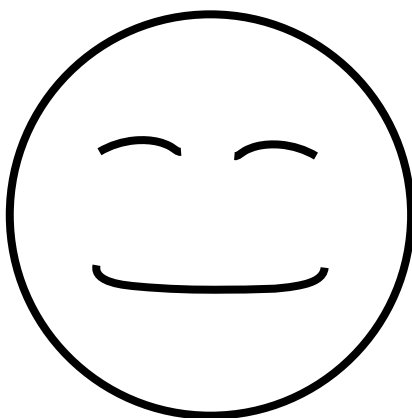
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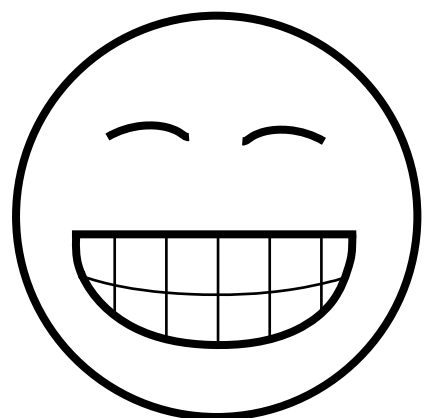
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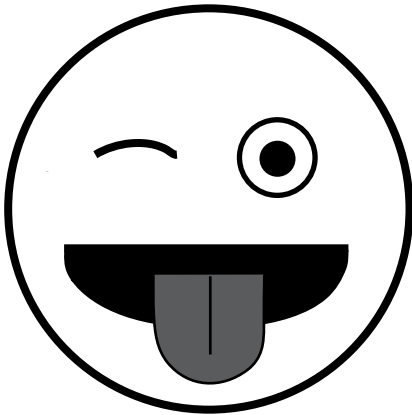
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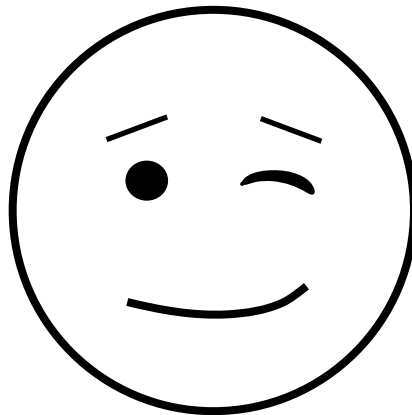
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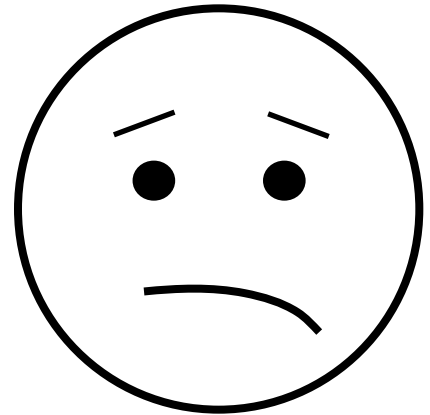
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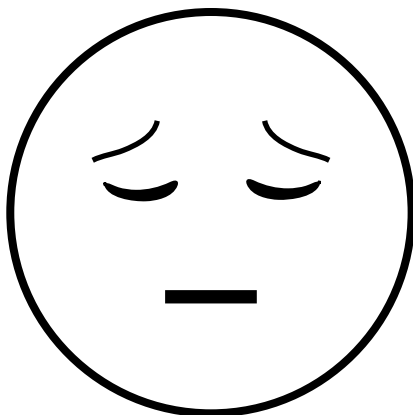
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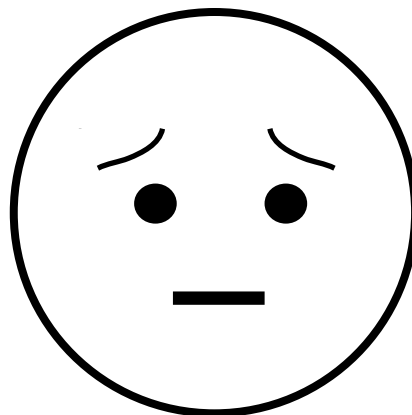
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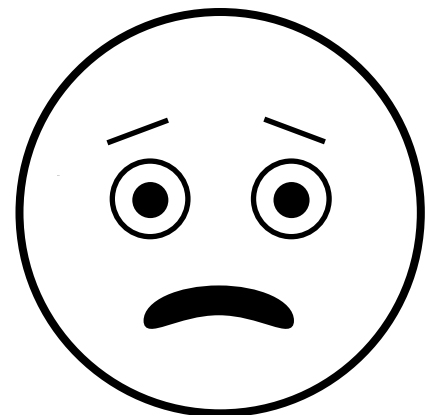
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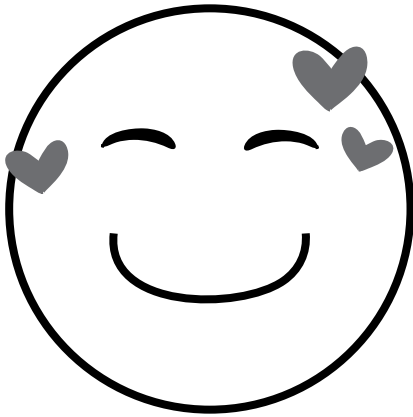
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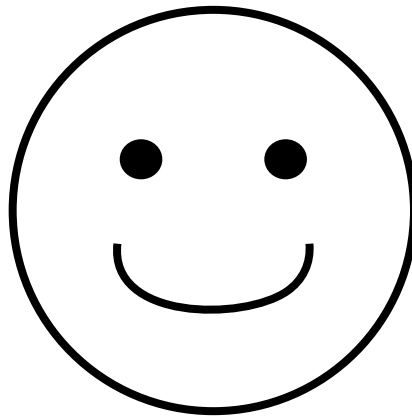
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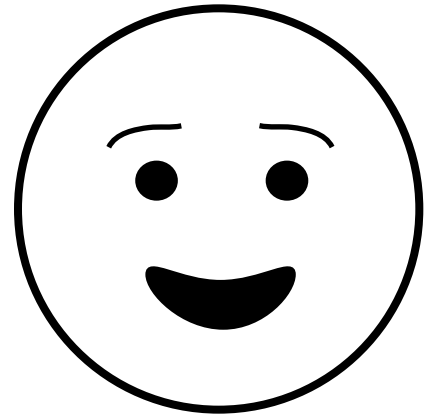
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KIND



HOPEFUL



PEACEFUL



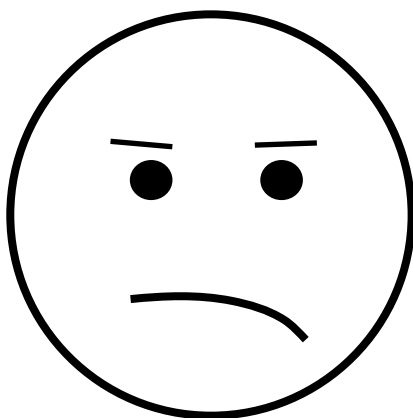
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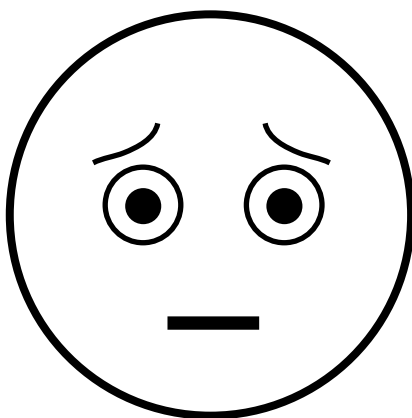
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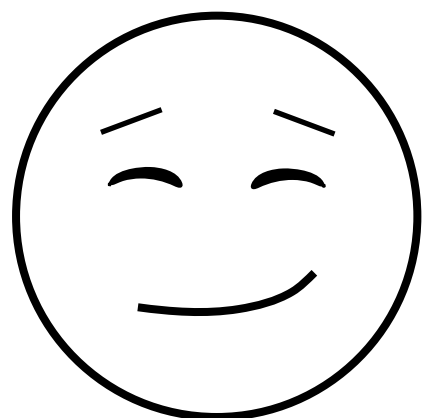
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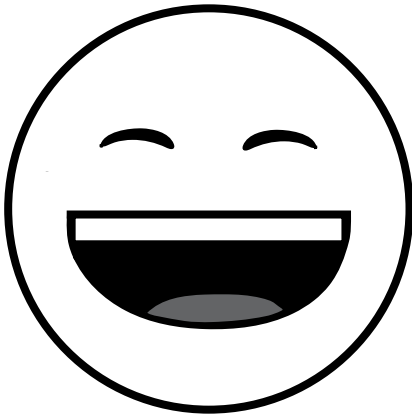
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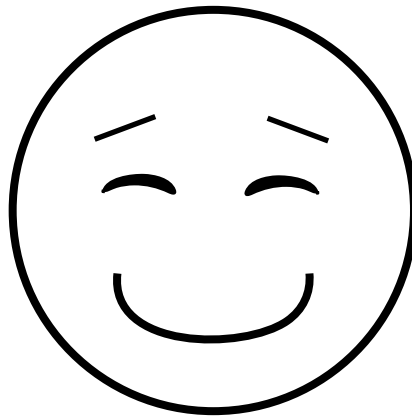
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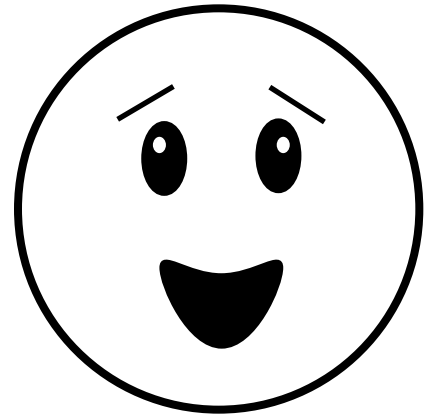
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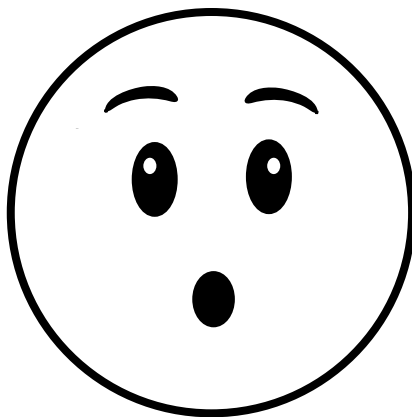
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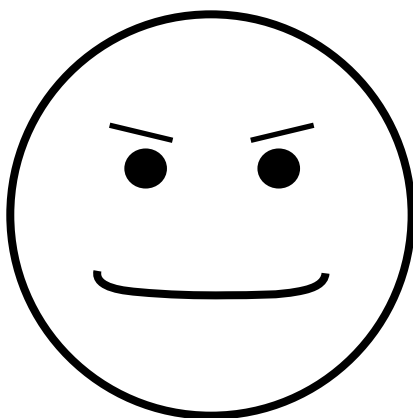
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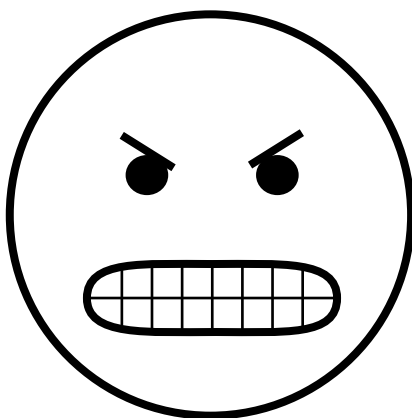
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BRAVE



ANGRY



SORRY





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