



# Personal JOY ‘Secret Sauce’ Mindfulness Worksheet

## Part 2

"Sometimes your JOY is the source of your smile, but sometimes your smile can be the source of your JOY."

~Thich Nhat Hanh

- What is your special sauce? Does your cup run over with Joy?
- Time to put more thought into your special sauce! What is Joy? It is those things in your day, that add to your Joy Meter.
- We tend to deny ourselves many joys. The old belief is that we must sacrifice to be happy and joyful. This is the farthest from TRUTH.
- Joy is a choice! You can choose to believe! Live your life! Choose Joy!!!
- Did you realize that both Excitement and Fear feel the same way!? Both feel like butterflies in the stomach!

***“Which wolf do you feed?”***

***One evening an elder Cherokee told his grandson about a battle that goes on inside all people. He said, “My son, the battle is between two wolves inside us. One is Fear. It carries anxiety, concern, uncertainty, hesitancy, indecision and inaction. The other is Faith. It brings calm, conviction, confidence, enthusiasm, decisiveness, excitement and action.” The grandson***



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***thought about it for a moment and then meekly asked his grandfather: “Which wolf wins?” The old Cherokee replied, “The one you feed.” Your journey toward extraordinary results will be built above all else on faith. It’s only when you have faith in your purpose and priorities that you’ll seek out your ONE Thing. And once certain you know it, you’ll have the personal power necessary to push you through any hesitancy to do it. Faith ultimately leads to action, and when we take action we avoid the very thing that could undermine or undo everything we’ve worked for—regret.” ~Gary Keller, The ONE Thing: The Surprisingly Simple Truth Behind Extraordinary Results***

Let’s begin with some self reflection. Ask yourself these questions. See what you may uncover within that will propel you in the direction of filling finding your Secret Sauce!

- What one thing can you do RIGHT NOW, immediately, to take yourself to a place of inner joy?
- Do you have a memory that uplifts you as soon as you feel, taste and see it?
- Is there an aroma of which propels you to a joyful time at the hint of a whiff?



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- When was the last time you laughed and cried (maybe peed) at the same time because something was so happy, joyful and funny all at the same time?
- Imagine when you pick up or hug an animal such as your favorite a dog or cat or a hug or pet a horse. Describe what you feel like you are full in this place of love and joy?
- Bring picture into your mind of a person, place, experience, etc that warms your heart with joy every time you see or think of it. Write it down.

Finish these sentences with what is appropriate for you today, right now:

1. I define joy for me as:
2. My greatest joy is:
3. I experience a sense of joy every time I :
4. What gets in my way of doing something that would bring me joy?
5. The last three times I was feeling truly joyful were:
6. When I am truly joyful by body and mind feel:
7. I will create more joy right now and the first thing I will do is:
8. When I was a kid, I use to...and that was my secret sauce.
9. This is what real joy to me as an adult:

Next Steps:



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I AM committed to being more mindful and adding more joy to my life by taking this action:

Do I have actually space in my life for my ‘Secret Sauce’?

What actions am I taking today to begin to remove some stressors?

List them here:

... and now sign it –

I commit to allowing More Joy, More Mindfulness and Walking into my Power by activating my Secret Sauce into by taking these actions:

I, \_\_\_\_\_ commit to taking the above actions for myself because I AM a beautiful child of Creator.

I NOW claim my birthright for an AMAZING joyful life, filled with my ‘Secret Sauce’. And it is so! Aho!!!

Date: \_\_\_\_\_



## **Personal JOY ‘Secret Sauce’ Mindfulness Worksheet**

*Retake this quick personal Joy Secret Sauce quiz periodically, at least annually.*

*Continue to add more mindful habits to the new Joy filled Spirit led life you are consciously creating!*

*Namaste!*

Lisa Ware

Sources:

<https://www.goodreads.com/quotes/search?utf8=✓&q=Which+wolf+do+you+feed%3F&commit=Search>

[www.lessstressmorejoy.com](http://www.lessstressmorejoy.com)