

THE JOYCHIEVER JOURNEY

◀ A LIFE-CHANGING ROADMAP FOR JOY ▶

90 MINUTE OR 2 HOUR WORKSHOP

Does this sound like you? You work hard to accomplish your goals, continuously push to the next level, and take pride in the sweat. Once you reach an achievement, you immediately set your sights on the next rung on the ladder and start working towards it. However, you spend little time enjoying the fruits of your labor and often have to sacrifice aspects of your personal life in the pursuit of success. You figure there will be time for joy once you've accomplished your goals. Right?

Consider this...what if you could have both? Joy is the accumulation of daily, intentional choices, and **The Joychiever Journey** provides a roadmap for self-exploration into what makes YOU uniquely joyful.

During this interactive workshop, you will:

- ☞ Understand negativity bias and how to rewire your brain for joy
- ☞ Discover how values awaken the WHY in your life
- ☞ Explore how to make the best part of your job the biggest part of your job
- ☞ Identify the benefits of play
- ☞ Find time to manage stress, sleep better and exercise regularly
- ☞ Examine characteristics for joy-inducing friendships
- ☞ Make time for you a priority

While the workshop covers a lot of ground, the Joychiever Action Summary Sheet will help you to focus on what you, personally, need right now and get you started on a path for joy.

