



5 Simple Steps  
*To Daily Joy*

By Kelly Mishell



Hello! I'm Kelly. Let me tell you a little about myself. I am a proud wife and mother of 2 girls who are my greatest gift in life. I love to get "zen" in the kitchen while I'm cooking up a delicious meal. I'm also pretty fond of ballroom dancing.

As a former actress and singer, I have a big creative streak. Music is my inspiration. It's always playing in our house (and there's bound to be some dancing).

Changing career paths halfway through my life, I know how it can be to reach a point where you've done a lot of things, but still don't feel you're reaching your potential. Becoming the person I've always wanted to be is exhilarating! But, with a family, it can also be quite a balancing act.

I am a Certified Law of Attraction Life Coach, inspirational speaker, and teacher dedicated to guiding you away from what's wrong in your life and toward the amazing, joyful life you are meant to have. I am a graduate of the Quantum Success Coaching Academy and the creator of Kelly Mishell Coaching. My mission is to help women at any age find their inner sparks of greatness and create balanced, harmonious lives they absolutely love. I will help you get past your limiting self-talk, tap into your authentic power and live your possibility.

## 5 Simple Steps to Daily Joy

Are you living the joyful life of your dreams? Or does daily life feel utterly joy-less?

In childhood, we experience joy as a natural state of being. We skip down the street, laugh easily and anticipate great new adventures every day. As adults, it's easy to lose that feeling of joy in the midst of work, raising children, rushing around and over-responsibility. Too many days the to-do lists seem endless and we wonder if we're doing anything to the best of our ability. Years of being on that chaotic treadmill can lead to feelings of frustration, overwhelm, and self-doubt. The idea of a joyful, happy life can feel impractical and out of reach.

In our Universe, where everything is energy, how you feel is of the utmost importance. Every thought creates a feeling with an energetic vibration that attracts back to you. So, if feelings of frustration and self-doubt are what you experience, that is what is attracted back to you. Conversely, if feelings of joy and happiness are what you experience, those things will be attracted back to you. This is the Law of Attraction.

Now, let me guess...you want the good stuff, right? Well, I have great news.

**Daily joyful living is absolutely possible!** In this action guide, I'm going to share how you can begin to deliberately create the harmonious, joy-filled life you crave.

Ready??

Here are 5 simple action steps to boost your levels of daily joy.

## 1. Practice Gratitude

Gratitude is more than simply saying the words “thank you”. Most of us say those words habitually because we were taught to be polite. But, when there is real feeling behind those words, it can be immensely powerful.

When you focus on what you’re grateful for, your energetic vibration elevates and you attract more good things to you. You actually become a magnet to positive outcomes because **what you focus on expands**. This awareness can be life-changing.

If you want to live a life that you truly love, you must nip those low vibrational feelings in the bud. Begin a daily practice of choosing to put your attention on what you are thankful for. Even if it’s just one small thing to start---the sunshine outside or a good night’s sleep, for example. The shift may be subtle at first, but you will begin to see a transformation take place and more goodness come into your life.

## 2. Make Time for Quiet Reflection

We all lead very hectic lives that can be more about *doing* than *being*. If we’re not paying attention, we can easily neglect that precious time to connect within ourselves. This is important because the noise from our brain-chatter can drown out the truth that lies in our hearts.

Whether you pray, meditate, or just breathe, take 5-15 minutes in the day to slow down and BE. I take the time in the morning before the demands of my day begin. You may choose another time that works

for you. But, use that time to close your eyes, focus inwardly and quiet that mental chatter that may be less than affirming. Place your attention on your heart and listen to what it is telling you. Your heart knows the way to your truly joyful path.

### **3. Step into Self-Care**

Have you ever heard a flight attendant give the safety demonstration before the airplane takes off? At one point, he/she will say, “Put on your own oxygen mask before helping others with theirs.” In the event of an emergency, this is a critical step to take so that you can breathe easily and be fully capable of assisting those who need you.

That sentence is also a great metaphor for self-care in your daily life. Women tend to put themselves last on their to-do lists. We care for our personal needs only if there’s time (and there hardly ever is).

But, when did feeling good become optional? It’s actually crucial if you want to increase your level of joy and happiness.

Schedule the time in each day for whatever rejuvenates you. Is it time with a good book, soaking in a relaxing bath, catching a 20-minute nap or enjoying a walk out in nature? Doing something each day that gives you your “oxygen” is a sure-fire way to increase your level of joy. Create a list of things you don’t get enough time to do for yourself and make them a priority. I guarantee, when you get more self-time you will show up better for everyone else in your life.

#### **4. Know When to Say “No”**

Just the idea of saying “no” to something can trigger feelings of guilt or FOMO (Fear of Missing Out). It’s a very difficult thing for some people to navigate. We sometimes take on too much fearing the judgement of others or we tell ourselves that if we don’t do it, it won’t get done. This is an area where our self-talk can really become self-sabotage.

The next time you are faced with a decision ask yourself, “Is my ‘yes’ causing me stress?” If so, it’s time to exercise your “no”.

Remember, your feelings are your internal GPS. When you have a choice, focus on your heart and *feel* what your truth is. Then, act upon that guidance knowing you will be happier for it.

#### **5. Self-Celebration**

You give a lot of praise and support to everyone else around you. It’s time to give some back to yourself.

Now, I’m not asking you to run around shouting your accomplishments from the rooftops. But, stop for a few minutes each day, look in the mirror and give yourself a pat on the back for all you have done. Say, “I am proud of you for…” and list 5 things you feel good about. It doesn’t matter if the accomplishment was big or small. What’s important is that it meant something to you.

This exercise may feel awkward or challenging at first. Once you begin, however, you’ll realize how much you have to be proud of.

Don't be shy – feeling good about yourself is the purpose of this exercise. Feeling good is how we access our joy. So, dive in! Know that you are amazing, smart, creative and beautiful. You deserve to be acknowledged and celebrated for all you have done in your life.

### **Your next steps...**

Congratulations! You've already started on your path toward joy just by reading this guide.

But remember, you still need to take action toward making your dreams happen. The steps you take can be big or small, but you have to take action to move forward.

In my one-on-one **90-day Path to Joy Program**, I give you practical tools and support so that you can increase your momentum to confidently create the life you've always dreamed of.

My program will help you to...

- overcome limiting beliefs
- eliminate overwhelm
- discover true work/life balance
- reconnect with your personal power
- recharge your relationships

Changing your thoughts and feelings can create magical results!

If you are ready to live your best, most authentic life, I invite you to book your **FREE 30-minute Discovery Session** with me.

**Here is your access link:**

[www.kellymishell/joy/discovery-session](http://www.kellymishell/joy/discovery-session)

No matter what your next step is, I want to thank you for spending time with me and starting to reclaim the joyful life you are meant to have.

Best wishes!!