



Joyful Expressions

Monthly e-Newsletter
Joy in the Journey & Woo Woo Marketing



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Dear Bright Light of Joy,

I'm in awe of the inspiration I receive from my clients. This past month there have been so many examples of releasing and transforming the "NOT GOOD ENOUGH" story and inner belief. I am compelled to share it with you. Do you at some level believe that you are "NOT GOOD ENOUGH?" This belief can easily be disguised as:

- I'm not worthy
- Nothing is good enough
- There is not enough
- I can't have what I want
- I don't deserve...

So do you think this? Does some part of you believe this? Most of us hold that shadow belief as truth. Well, I say – ENOUGH!!! More than ENOUGH! The calendar year is ending and with that ending is the time to end thoughts, words, and actions that no longer serve us in living in joy.

I can remember countless times in my past where I would allow this belief to take over my life. I would become disconnected and scattered. I struggled with letting this belief go. My belief that it was hard work to release such a large and controlling belief became reality until I started to allow **JOY to fill my life and guide me to MORE JOY!**

I now know that releasing old patterns, beliefs, and values is not hard; it is done with ease and

If you'd like support and guidance to release yourself from beliefs that no longer serve your highest good, then please give me a call or send me an email. You will experience more freedom, more joy, and best of all you will be re-empowered!!

May this Season of Joy bring you the inner warmth of knowing you are DIVINE! You are a GIFT!

In Joyful Delight,

Dani

Life Coach, Marketing Genie, Co-Creator

grace as you focus on joy and release the attachment. I now want you to know that you can be free of the "NOT ENOUGH" way of being.

Some questions to help you gain insight:

- ✓ Who told you that you were not enough?
- ✓ Where does "not enough" live within your body?
- ✓ How does it feel to believe "not enough"?
- ✓ What would you need to give up to be enough? To be more than enough?

Joy is the season you are in so CLAIM IT!

You are JOY!

YOU are ENOUGH!!!

Joy is the highest vibration on the planet and it is your birthright. Some of you might be asking how do I claim joy?

Inspirations that allow you to connect to JOY:

- ♥ Feel and BE grateful
- ♥ Close your eyes and remember a happy memory
- ♥ Do something nurturing for you
- ♥ Spend time in nature
- ♥ Give and receive a hug
- ♥ Be generous with yourself and with others
- ♥ Spend time with a baby