

NEXT 90 CHALLENGE

WITH RACHEL HOLLIS

WEEK 2
↳ JOY



IT IS POSSIBLE TO HOLD BOTH JOY AND PAIN

YOU GET TO CHOOSE HOW YOU LOOK AT THIS

JOY

YOU CAN FIGHT FOR IT!

DON'T LET OTHERS DICTATE THE NARRATIVE

BE INFORMED, BUT NOT FROM SOURCES THAT MAKE MONEY OFF OF IT

EVERY DAY YOU GET TO WAKE UP & START AGAIN

#NEXT90CHALLENGE

IMAGINE THE BEST VERSION OF YOURSELF 6 MONTHS FROM NOW

WHAT WOULD THAT PERSON TELL YOU NOW?

START PRACTICING

JOY BRINGS YOU BACK TO THIS MOMENT

DO YOU KNOW THE THINGS IN LIFE THAT GIVE YOU LIFE?

1 A DAILY GRATITUDE PRACTICE

WRITE IT DOWN

WHERE? WHEN?

2 A JOY LIST

THINGS THAT MAKE YOU HAPPY & YOU CAN ACCESS AT LEAST 15 ITEMS

IF YOU HAVE A LIST, YOU CAN PLAN FOR IT

3 SCHEDULE JOY

WE ARE MORE USED TO FEELING SOMETHING NEGATIVE THAN SOMETHING POSITIVE

THE ONLY THING WE HAVE IS THE PRESENT

IT'S OKAY TO GRIEVE THE LOSS OF WHAT WAS, BUT THE FASTER YOU COME TO TERMS WITH WHAT IS, THE FASTER YOU'LL SEE THAT WHAT IS - IS FOR YOU

4 JOYFUL ACCOUNTABILITY

#90DAYCHALLENGE LEARN TO ACCEPT WHAT IS

#MADEFOR MORE



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