



Your
Journey

5 Ways to Increase

Daily Joy

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5 Ways to
Increase

Daily Joy

One

Believe In Yourself First...

Repeat after me: I am strong and capable.

Go ahead, say it out loud as many times as you can. You have to hear these words many, *many* times before you begin to believe them.

And once you begin to believe them, say them daily to remind yourself you can handle whatever life tosses your way.

And just in case you forget, it's ok to rest while you're handling everything...even superheroes get tired.



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Two

Be Imperfect...

Just, "Let It Go", right?

And if it were *THAT* easy, we'd all be totally done with perfection. But if you're in "perfection mode", it's sometimes hard to let it go.

So, try this: Let it go in small steps. What can you let go of *Today* that will make life easier? What can you accept as done instead of perfect?

Do that....



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Three

Give Yourself Grace...

Remember that perfection thing in Number 2? Yeah, that's tough one.

Today, and tomorrow and the next 100 days after that...when you mess up, give yourself some grace.

And just so you know...you ARE gonna mess up.

Which leads us to.....



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Four

Don't Have Any Regrets...

...Have Fabulous Experiences!

Yes, there are going to be experiences that are tougher than others.

But you must find something good in each one. Even if it's the smallest fleck of good, it's enough to learn from and figure out you don't want to go back there.

I believe we got here because we came through the storm and if the storm hadn't been there, the experience would have shaped us differently.

And I like you just the way you are.



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Five

Love Your Puzzle Pieces...

We are our harshest critics. Can you imagine saying to our best friend the things we think in our heads when we look in the mirror?

We would *never* do that because it would crush her soul, yet we constantly say those things to ourselves, and wonder why we don't like to look in the mirror, or why we don't feel good about ourselves.

We are one giant puzzle, made up of pieces that fit perfectly together to create the one and only us. You have to love all your puzzle pieces equally because they are equally important to the puzzle.

Now, doesn't that make you think differently about that image in the mirror?



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One more thing...

We are often asked to share our wins....tell how we slayed something when no one else could, heralded from the highest mountain about how amazing we were when we won the grandest prize, and tell how we're gonna do #allthethings all the time.

So....you don't hear about the failures....or as I like to call them....experiences (see #4).

We all have them....every. single. one. of. us. And many are epic failures. But we certainly don't shout those from the roof tops or wave them wildly when someone asks how it's going.



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One more thing...

Nope...we give the ol' "everything's going GREAT, couldn't be better!!" spiel because we don't want to be THE ONE that isn't being amazing every. single. day.

But it happens and the only way to turn it into something useful is to learn from it. Listen to what happened. Find out what works for YOU. Don't compare yourself to anyone else, but learn what they are doing to see if it would work for you.

And know that you will most definitely screw up again, and again, because if you don't that means you have stopped trying anything new and have decided to hang out with the stale crackers and the flat Dr. Pepper, because it's much easier, and you want more than that, I'm sure of it.



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One more thing...

Here's the thing....as moms, wives, daughters, sisters, women, business owners, boss ladies, entrepreneurs, dream chasers and vision makers....one thing holds true in our very small but open to the world space:

It's not that we don't know the answers.

It's that we don't know the questions.

So, carry on and screw up tomorrow and learn from it, and then look around, and ask someone to guide you until you figure out what you need right now.

And then go and do....

Glitter & Grace,
Sasha

www.scattereddsasha.com



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The Glitter & Grace Club

The Glitter & Grace Club was created to bring joy and happiness to you, with simple gestures, daily emails, weekly videos and newsletters, birthday cards and gifts, beautiful images to make you smile and the occasional surprise just to keep it interesting!

I'd be honored for you to click here

Glitter & Grace Club

to get more info!

♥ *Sasha*