

Arsenal Of Joy

Have you heard about how important joy is? How vital it is to manifestation? How we all deserve to live joyful lives?

To sum up why joy is such an amazing energy, I'll hit this high points right here:

- It is an energy that aligns you with your Soul and with God
- It puts you into the receiving mode for your manifestations - it drops the resistance
- It encourages you to take notice of all the amazing that's *already* around you - joy and gratitude are connected, and gratitude is a magnetic energy as well
- It helps you relax, which is another form of releasing resistance - you just chill out when you're in joy mode (and the more chill you can be, the better when it comes to manifesting!)
- Prioritizing joy is an amazing way to begin moving up the vibrational ladder

There is so much more that I could list! Yet, those are the *main* points I want to hit on right now. So, about this arsenal...

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We want to have things we can reliably go to when we need that hit of joy.

Perhaps we've let our vibration drop

Perhaps we're feeling discouraged

Perhaps we're feeling triggered by something

Whatever the case may be, we can always choose joy to feel better. (NOT to bypass something, but intentionally choose to shift the energy. Which can happen *right alongside* feeling into the lower vibrations, recognizing what's calling for your love and healing, and so much more.)

This is about using your power to *deliberately* create the reality you want! Instead of surrendering to a reality you do not want, which you *never* have to do.

So, let's get to creating a toolkit for you, yeah?

Let's go!

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Here it is sweet soul! Your arsenal of joy.

List *at least* 10 things that you can go to that will raise your vibration to that of joy whenever you need.

I'll give you a couple examples for me! Looking at pictures of my niece/nephew, texting one of my friends a meme or funny reel I saw online (usually very stupid because that's the best, right?!), watching baby animal videos, going for a walk outside, doing a workout/going to the gym, getting dressed into a cute outfit and doing my hair, listening to music that makes me happy or reminds me of something happy (like the playlist I have made for the beach!), listening to a funny podcast, etc.

It can be *anything* you want it to be!

You're the decider of what brings you joy. Only you know.

So, that's what the next page will be! Your space to put your 10 joy-bringing tools. Keep adding! *10 is just a start*. You can keep adding to your arsenal forevermore.

In Joy,

Katie Anne

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