

The
JOY EQUATION
Course

WITH MOLLY MAHAR

The Joy Equation

Develop Fierce Self-Love

+

Connect With Yourself

+

Define Success

+

Nurture Strong Relationships

+

Declare Goals, Develop Habits

+

Commit to Flourishing

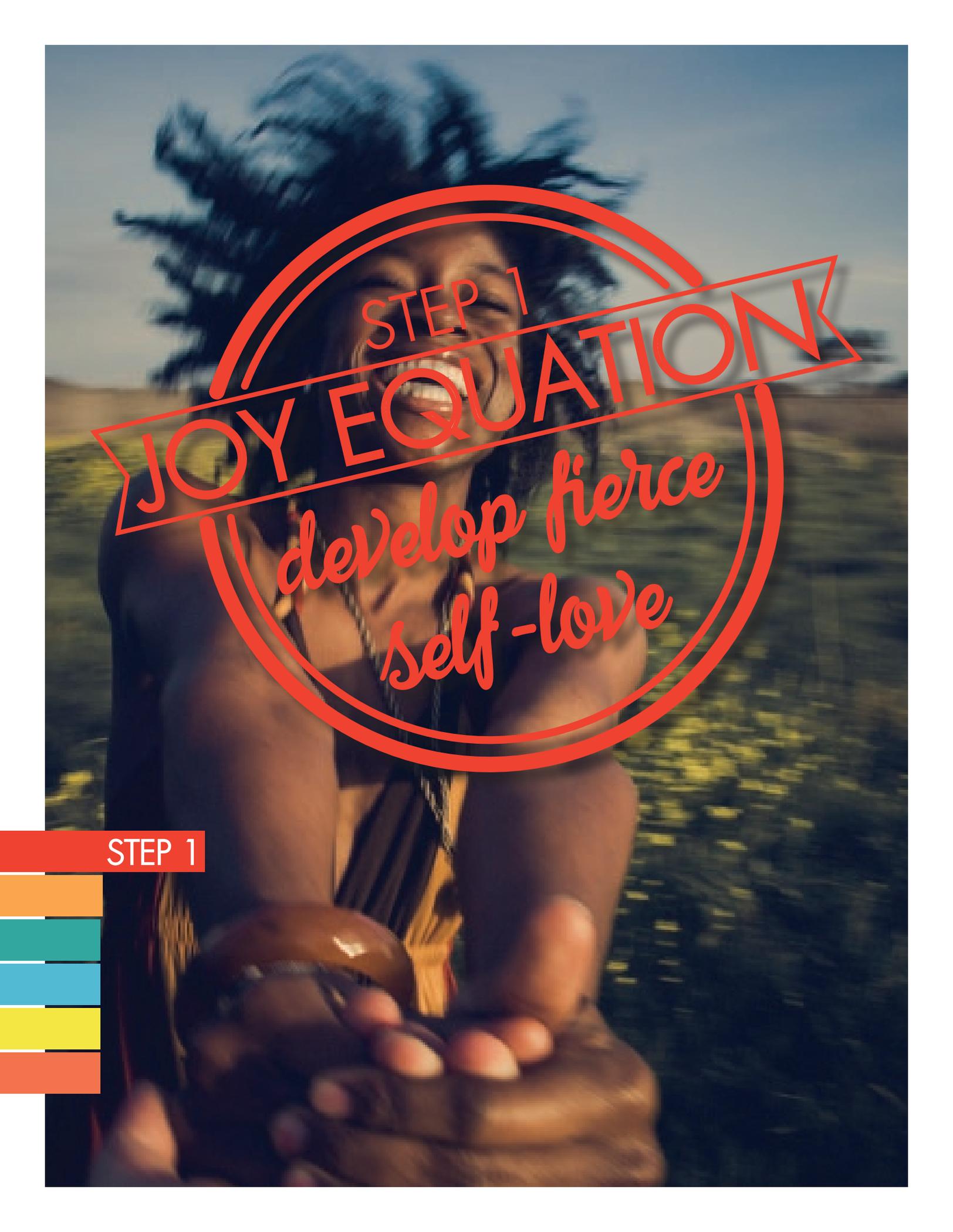
Authentic Joy

Make a Commitment to Yourself





Question Yourself: You have the Answers.



STEP 1

JOY EQUATION

*develop fierce
self-love*

STEP 1



"When we put down ideas of what life should be like, we are free to wholeheartedly say yes to our life as it is."
- Tara Brach



Three Minute Questions

(I'm jealous of...I compare myself to...I get worked up about...)

(I'm afraid that I am not...I'm afraid I am too...)



"Self-nurturing means, above all, making a commitment to self-compassion, to the creation of a loving and positive attitude toward yourself." - Jennifer Louden

Three Minute Questions

(I treat myself poorly by...)

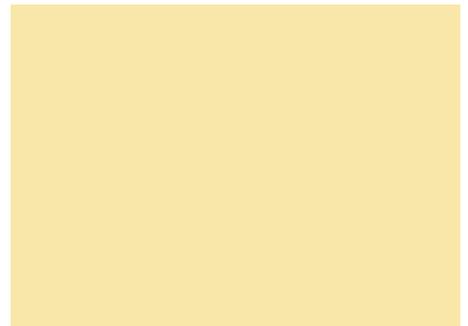
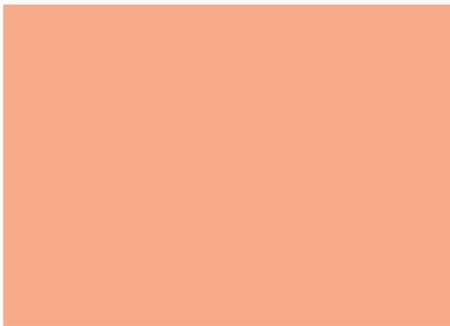
Ready for Roadblocks

TOXICITY

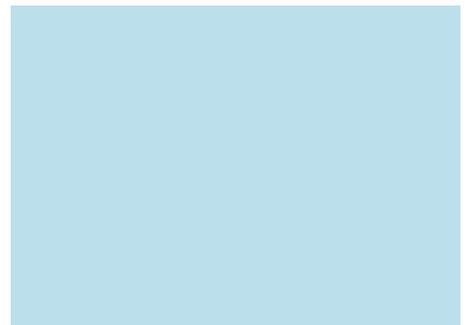
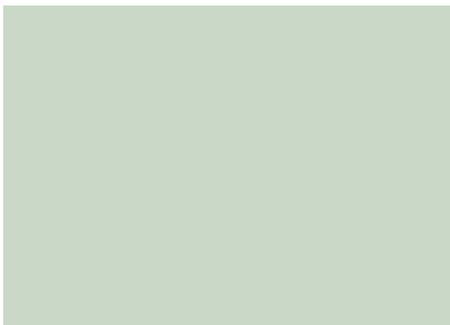
COMPARISON

JUDGEMENT

HURDLES



STRATEGIES



"Let's celebrate you now. As you are. In all your glorious strength and weakness, talents and quirks, victories and mistakes." - Molly Mahar



Story #1

Story #2

Story #3

Story #4

(What are the differences in your responses? Why do you think that is so?)

Blank area for writing responses.



“Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort.”
- Deborah Day



(Where are the opportunities for you to TALK to yourself like your own best friend or daughter? How might it change things?)

(Where are the opportunities for you to TREAT yourself like your own best friend or daughter? How might it change things?)



Self-Care vs. Self-Comfort

(Ways I can practice Self-Care)

(Ways I can practice Self-Comfort)

(How will you know which kind of self-love you need at any given moment?)



FINAL PROJECT:

Write a letter from your current self to yourself at the age when you lost your sense of worthiness and your practice of self-love. Shower her with understanding and forgiveness and hope.



If you need some inspiration, my example letter can be found at:
<http://www.stratejoy.com/2012/05/what-i-wish-i-knew-self-love>

PLAN TO ACCOMPLISH:

EXPLORATION ACTIVITY:

We're going totally old school for this one! I want you to grab a bright lipstick and scrawl a love note to yourself on your bathroom mirror. Write the most loving, wonderful statements about yourself that you can come up with and read them out loud every day for a week.



Bonus points if you take a picture and share it on social media. Don't forget to use the hashtag #thejoyequation so I can see it and cheer you on!

PLAN TO ACCOMPLISH:

STEP 2

JOY EQUATION

*connect with
yourself*

STEP 2



"As women, we often become so focused on the things we do or have that we rarely stop to breathe and ask ourselves who we really are... Distinguishing who we are from what we do and have is a powerful exercise in clarifying our identity."
- Christine Hassler



(How do others see you?)

Empty space for writing responses to the question: (How do others see you?)

(Are they right? What are they missing? How have those descriptions influenced you?
What are your different personas? Which one is the authentic you?)

Empty space for writing responses to the question: (Are they right? What are they missing? How have those descriptions influenced you? What are your different personas? Which one is the authentic you?)



"Authenticity is a collection of choices that we have to make every day.
It's about the choice to show up and be real. The choice to be honest.
The choice to let our true selves be seen."
- Brene Brown



(Who am I?)

(When I feel ALIVE it feels like...)

(List of things that bring me Joy. Things I Love. I feel the most alive when...)



"It is better to live your own destiny imperfectly than to live an imitation of somebody else's life with perfection."
- The Bhagavad Gita



Three Minute Questions

(I would love my life if this were true...)

(I can't imagine a meaningful life without...)

"Aligning your life with your core values releases three things: incredible creativity, a sense of immense satisfaction, and well-being."
- Diane Menendez



Our Core Values are the Habits of Our Heart.

(What values can you pull out of your work? Is anything jumping out at you? What values are being honored?)

(What are you pulling off the list? What's calling your name? What couldn't you live without? What would you want to teach to children? What do you want your life to stand for?)



List of Values

ABUNDANCE	CONGRUENT	FAITH	INTUITION	PERSUASION	SERVICE
ACCEPTANCE	CONNECTION	FAMILY	JUDGEMENT	PLANNING	SHAKTI
ACCOMPLISHMENT	CONTENTMENT	FEELING	JOY	PLAYFULNESS	SINCERITY
ACCURACY	CONTRIBUTION	FEMININE	JUSTICE	PLEASURE	SOLITUDE
ACHIEVEMENT	CONTROL	FIERCE	LACK OF PRETENSE	POWER	SOULFUL
ACTION	COURAGE	FLEXIBILITY	LAUGHTER	PRIVACY	SPARKLE
ADVENTURE	CREATIVITY	FLOW	LEADERSHIP	PROCESS	SPIRITUALITY
AESTHETICS	DEDICATION	FOCUS	LEARNING	PRODUCTIVITY	SPONTANEITY
ALIGNMENT	DELIGHT	FORGIVENESS	LIGHT-HEARTED	PROFESSIONALISM	STIMULATION
ALTRUISM	DEPENDABLE	FREEDOM	LIGHTNESS	PROSPERITY	STRENGTH
ASSISTANCE	DEPTH	FREE SPIRIT	LOVE	QUEST	SUPERIORITY
ATTAINMENT	DEVOTION	FUN	LOYALTY	QUESTION	SUPPORTIVE
AUTHENTICITY	DIRECTNESS	GENEROSITY	MAGIC	RADIANCE	TEACHING
AUTONOMY	DISCOVERY	GLAMOUR	MAGNIFICENCE	REALIZATION	TENDERNESS
AWARENESS	DIVINITY	GRATITUDE	MASTERY	REFINEMENT	THINKING
AWE	DRAMA	GROWTH	MOVEMENT	REFLECTION	THOUGHTFUL
BALANCE	DREAM	GUIDANCE	MINISTRY	RELIGIOUS	THRILL
BEAUTY	EDUCATE	HARMONY	MYSTICISM	RELATIONSHIP	TO BE KNOWN
BLISS	EMPATHY	HEALTH	NATURE	RESILIENCE	TRADITION
BOLD	EMPOWERMENT	HOLISTIC	NOURISH	RESPONSIBILITY	TRANSFORMATION
BRAVERY	ENCOURAGEMENT	HONESTY	NURTURE	REVERENCE	TRUST
CALM	ENERGY	HUMOR	OPENNESS	RISK TAKING	TRUTH
CHOICE	ENGAGEMENT	IMAGINATION	ORDERLINESS	ROMANCE	UNIQUENESS
CLARITY	ENJOYMENT	INDEPENDENCE	ORIGINALITY	SACRED	UNION
COLLABORATION	ENLIGHTENMENT	INFLUENCE	OUTDOORS	SAFETY	UNITY
COMMITMENT	ENTERTAINMENT	INFORMATION	PARTNERSHIP	SATISFACTION	VIBRANCE
COMMUNICATION	ELEGANCE	INGENUITY	PASSION	SECURITY	VISION
COMMUNITY	EXCELLENCE	INQUISITIVE	PATIENCE	SELF-EXPRESIIION	VITALITY
COMPASSION	EXHILARATION	INSPIRATION	PEACE	SENSATION	VULNERABILITY
COMPETITION	EXPANSION	INTEGRATION	PERFECTION	SENSUALITY	WANDERLUST
COMPLETION	EXPERT	INTEGRITY	PERFORMANCE	SENSUOUS	WEALTH
COMFORT	EXPLORATION	INTIMACY	PERSERVERANCE	SERENITY	WHOLESOME

Final Core Values

"Living in synch with your values rewards you with joy, integrity and ease."



FINAL PROJECT:

Finalize your 6-8 core values and create an “art page” for your Workbook that contains your values. The possibilities are limitless – you can make a Pinterest collage, write poetry, sketch or paint the words, or type them up in your favorite font.

PLAN TO ACCOMPLISH:

EXPLORATION ACTIVITY:

Spend 2-4 hours by yourself, honoring a value that is currently not present in your life. Value the outdoors? Take a sailing lesson. Value beauty? Spend the morning wandering art galleries or your local Museum. Value health? Head to a yoga class and try a new smoothie recipe.

* Those are some simple examples to get you started brainstorming. What are you going to do for you? Don't forget to take a picture and share it on social media. Use the hashtag #thejoyequation so I can celebrate your value honoring!

PLAN TO ACCOMPLISH:



Core Values

(Paste in your creative visuals here)





STEP 3

JOY EQUATION

*define
success*

STEP 3

"I knew I had to have the freedom to be myself, my highest self, and that nothing could stand in my way if I really wanted it. This freedom is there for anyone who wants to discover it.
- Joe Jaworski



Three Minute Questions

(If I was sure I would succeed, I would...)

(If I could be certain it was the right choice, I would...)



Three Minute Questions

(If I didn't care what others thought, I would...)

(CONCLUSION: What seems to be holding me back from what I really want?
Where do I get stuck in moving forward on my dreams? What can I do about it?)



My Future Visualization

(How did you feel in 20 years? What was the strongest emotion? What were you grateful for? How did you look? What were you surrounded by? What was present in your life that isn't currently? What were the major changes? What do you want to remember about your conversation?)

(What was the gift you gave yourself?)

"I work really hard at trying to see the big picture and not getting stuck in ego. I believe we're all put on this planet for a purpose, and we all have a different purpose... When you connect with that love and that compassion, that's when everything unfolds."
- Ellen DeGeneres

Slices of Life

FUTURE DATE:

Personal: Self-Esteem, Learning, Creativity, Exploring, Contribution, Travel, Self-Love, Integrity

Social: Family, Friends, Romance, Significant Other, Children, Community

Spiritual: Higher Power, Prayer/Church, Life Purpose, Meditation, Ritual

"Define success on your own terms, achieve it by your own rules, and build a life you're proud to live."
- Anne Sweeney



Slices of Life

FUTURE DATE:

Financial: Debt, Security, Budget, Planning of the Future, Abundance

Professional: Passion, Recognition, Performance, Career Objectives, Calling

Physical: Health, Body Image, Beauty, Style, Sexuality, Daily Environment





STEP 3
JOY EQUATION
*define
success*

FINAL PROJECT:

Create a “Day in the Life of Me” story for a date 5 or 10 years from now. Use your most positive, trusting, open-hearted self to create a detailed vision of your day hour by hour.

See it. Smell it. Taste it. Hear it. Feel it. Look out of your future self’s eyes to experience a world where you are joyful, fulfilled, and living your best life. The more details the better – make this story of success on your terms real.

 Print out your story and add it to your Joy Equation Workbook!

PLAN TO ACCOMPLISH:

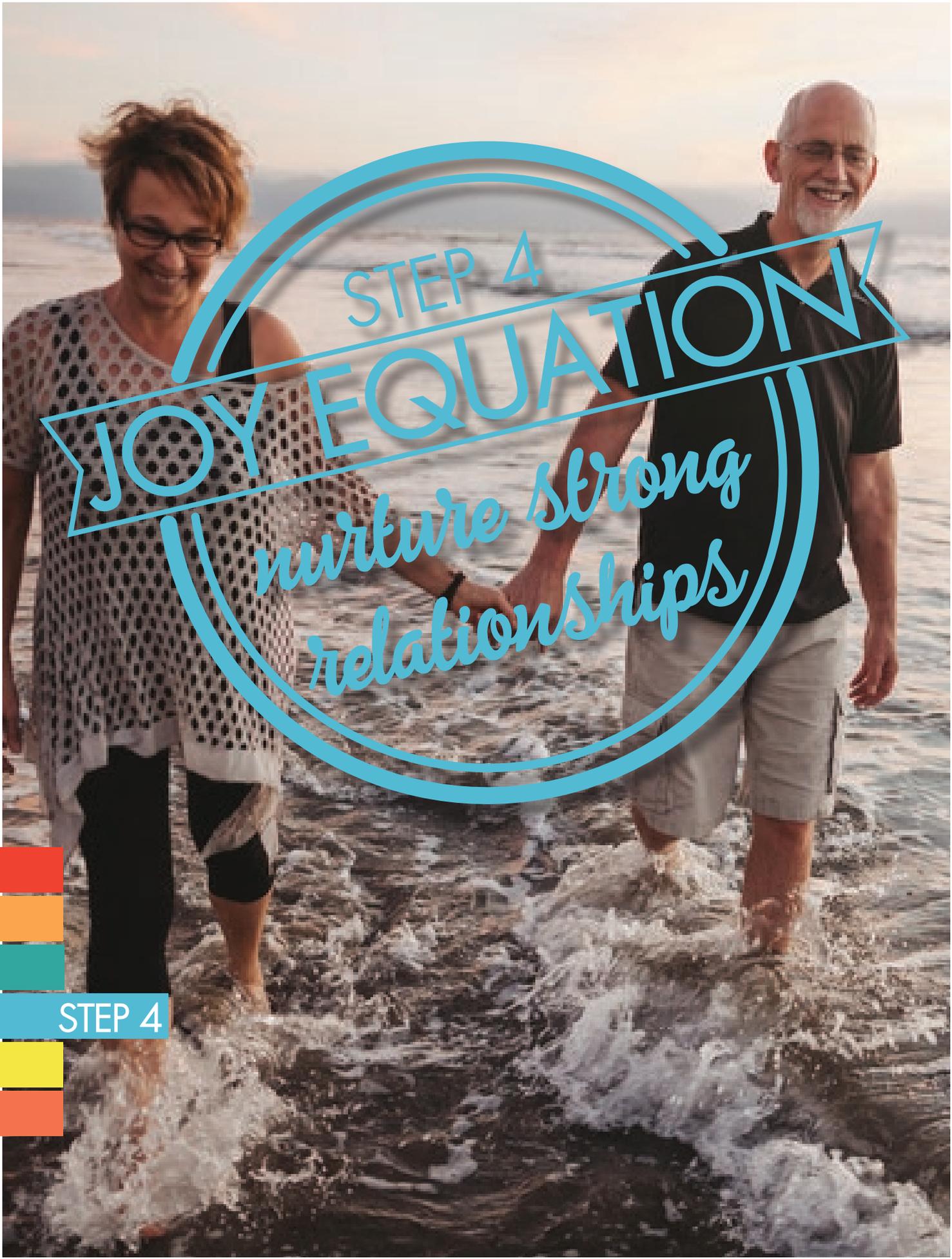
EXPLORATION ACTIVITY:

Let’s bust out of any rut you may be in by making imagination and change a part of your everyday experience. Each and every day this week, I challenge you to do one thing you’ve never done before.

This can be as simple as driving a new route to work, ordering a different sandwich at the deli, or experimenting with a new sexual position. It can be as large as publishing a poem or booking your dream trip to Greece.

 Want some accountability? Post your pictures of your adventures online with the #thejoyequation hashtag!

PLAN TO ACCOMPLISH:



STEP 4

JOY EQUATION

nurture strong relationships



STEP 4



(Celebrating Connection.)

Large empty rectangular area for writing or drawing, framed by a thin orange border.

(Craving Connection.)

Large empty rectangular area for writing or drawing, framed by a thin yellow border.



Three Minute Questions

(I may have outgrown...because...)

(My relationship with...needs attention/love/focus because...)



Ladder of Support

Area of Life:

(heros)

(mentors)

(colleagues/peers)

(students/admirers)

Area of Life:

(heros)

(mentors)

(colleagues/peers)

(students/admirers)

"Love takes off masks that we fear we cannot live without and know we cannot live within." – James Baldwin

Relationship Skills

ABILITY TO BE AUTHENTIC SELVES	COMPROMISE	HANDLING CONFLICT WELL	SACREDNESS
ACCOUNTIBILITY	DESIRE	HONESTY	SAVORING THE GOOD TIMES
ADVENTURE	DEVOTION	HUMOR	SHARED VISION
ALLOWING INDIVIDUALITY	ENCOURAGING GROWTH	KINDNESS	SHOWING UP FULLY
BEING CLEAR WITH NEEDS	EXPRESSING LOVE	LOYALTY	SINCERE APOLOGIES
BRINGING WHOLENESS	FAITH	PASSION	SIMILAR SEX DRIVE
CELEBRATE DIFFERENCES	FLEXIBILITY	PATIENCE	SIMILAR WORLD VIEW
CONFIRMING WORTHINESS	FOLLOWTHROUGH	PLAYFULNESS	SUPPORT
COMMITMENT	FORGIVENESS	PRESENCE	TENDERNESS
COMMUNICATION	GENEROSITY	PROUD OF OTHER'S SUCCESS	TRUSTWORTHINESS
COMPASSION	GRACE	RESPONSIBILITY OF ONE'S ACTIONS	VULNERABILITY

"We cannot change what we are not aware of, and once we are aware, we cannot help but change."
- Sheryl Sandberg



Relationship Rx

CURRENT

Who? _____

What's going well?

What needs work?

Why is this relationship important to me?

Appreciation to Express

Need/Desire to Clarify

Gratitude to Celebrate

Boundary to Set

Conversation to Have

Change to Make

Action to Take

Action to Take

Clear Statement of Outcome: _____



"Relationships where we are valued, heard, accepted and loved and where we value, hear, accept and love another are worth all of the effort."
- Molly Mahar

Relationship Rx

DESIRED

Who?

What am I looking for?

What am I not looking for?

Why is this relationship important to me?

Clear My Plate

Express Interest

Share the News

Action to Take

Forgive

Heal Myself

Put Myself Out There

Action to Take

Clear Statement of Outcome:



FINAL PROJECT:

Complete the Relationship Rx pages for current relationships and any desired relationships. Common people to put through this loving exercise are your partner, parents, children, close friends, and important work relationships.

PLAN TO ACCOMPLISH:

EXPLORATION ACTIVITY:

I'm challenging you to take one or two of the actions you described in your Relationship Rx and complete them! We can do all the planning in the world, but many times clarity comes from action. Whether it's having a conversation, setting a boundary, forgiving someone, expressing interest or another action you devised - be brave and dive in!

* If there is something appropriate for online sharing - I'd love to know what you're up to this week! Post your pictures of relationship action using the #thejoyequation hashtag so I can cheer you on!

PLAN TO ACCOMPLISH:

STEP 5

JOY EQUATION

*declare goals,
develop habits*

STEP 5

"If you have a goal in life that takes a lot of energy, that requires a lot of work, that incurs a great deal of interest and that is a challenge to you, you will always look forward to waking up to see what the new day brings."
- Susan Polis Schultz



Three Minute Questions

(I feel fulfilled if this is what I share with the world...)

(When I think of myself being successful I imagine I...And I imagine I do this on a daily basis...)



"When we are motivated by goals that have deep meaning, by dreams that need completion, by pure love that needs expressing, then we truly live life."
- Greg Anderson



Three Minute Questions

(In order for me to be fully aligned and authentic I need to...)

(These are the gaps between the life I'm imagining and my life now...)



Big Dream Mind Map

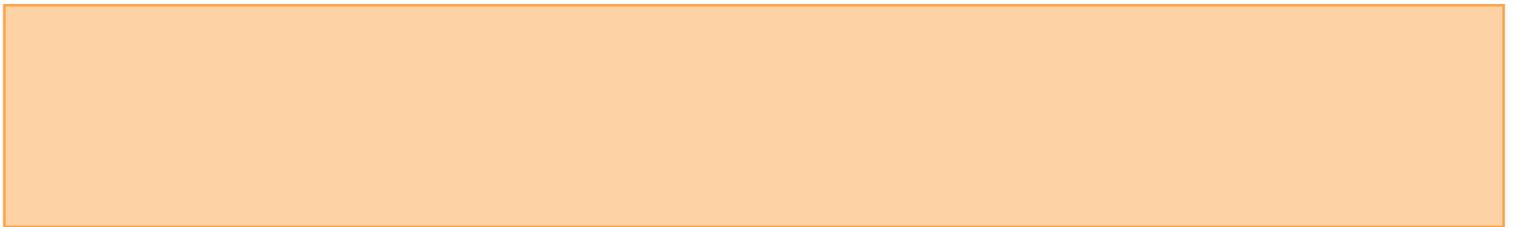
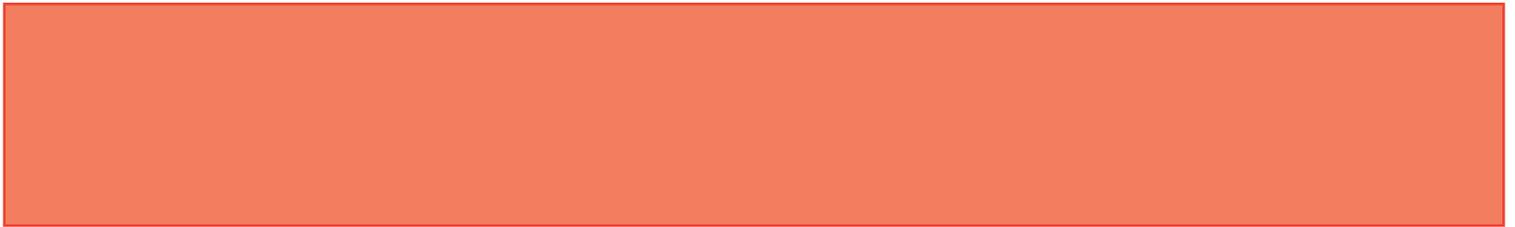


1. Put yourself in the center.
2. Draw spokes for each of your core values and for each slice of life.
3. Brainstorm big dreams that reflect your best life for each spoke.

"You have the power to declare dreams that reflect your values, your definition of success, your unique take on the world. Use that power for the good of your life!"
- Molly Mahar



Top 6 Most Vital Big Dreams



"It is our choices, that show what we truly are, far more than our abilities." – J.K Rowling



(What are the smaller goals that will lead you to accomplishing your big dreams? Do these correspond to my core values? Which absolutely need to happen in order for you to be joyful and fulfilled? Include both project and maintenance goals here.)

Blank space for writing goals.

(What are the habits that will help you accomplish your big dreams or specific goals? What are the habits holding you back from reaching them?)

Blank space for writing habits.





FINAL PROJECT:

Complete your Goal Declaration Worksheets. Get absolutely clear on why you want to accomplish these goals! And run them by this framework to make sure they are in alignment with your best life.



Will this goal help me

- Be the woman I want to be?
- Do what I want to do?
- Feel how I want to feel?

PLAN TO ACCOMPLISH:

EXPLORATION ACTIVITY:

Create a magazine cover for this Joy Equation Workbook. Include some choice headlines from your life as well as an inspirational photo or two. You can create your own magazine (All About Alice/Lisa's Lovely Life/Being Molly) or you can be the cover star of a real favourite like Fast Company, Sunset, Domino.



Create this piece to inspire you whenever you pick up this Workbook. And if you want to show me your cover - I'd love to see it! Post online with the hashtag #thejoyequation so I can find it.

PLAN TO ACCOMPLISH:

Goal Declaration

Goal:

Maintenance

Time frame:

Project

In support of this
BIG DREAM:

ACTION ITEMS:

POWERFUL HABITS

DAILY:

WEEKLY:

MONTHLY:

Goal:

Maintenance

Time frame:

Project

In support of this
BIG DREAM:

ACTION ITEMS:

POWERFUL HABITS

DAILY:

WEEKLY:

MONTHLY:

Goal Declaration

Goal:

Maintenance

Time frame:

Project

In support of this
BIG DREAM:

ACTION ITEMS:

POWERFUL HABITS

DAILY:

WEEKLY:

MONTHLY:

Goal:

Maintenance

Time frame:

Project

In support of this
BIG DREAM:

ACTION ITEMS:

POWERFUL HABITS

DAILY:

WEEKLY:

MONTHLY:

STEP 6

JOY EQUATION

*commit to
flourishing*

STEP 6

"We are the hero of our own story." - Mary McCarthy

Three Minute Questions

(Sometimes I get in my own way because I believe... Sometimes I self-sabotage by...)

(To stay committed to achieving my dreams and goals, I need to believe...)

"When I dare to be powerful – to use my strength in the service of my vision, then it becomes less and less important whether I am afraid."
– Audre' Lorde



Mindset Tools for Commitment

From Progress to Committed

Impulsive Self vs. Wiser Self

Moving Towards vs. Moving Away

Ask for What You Need

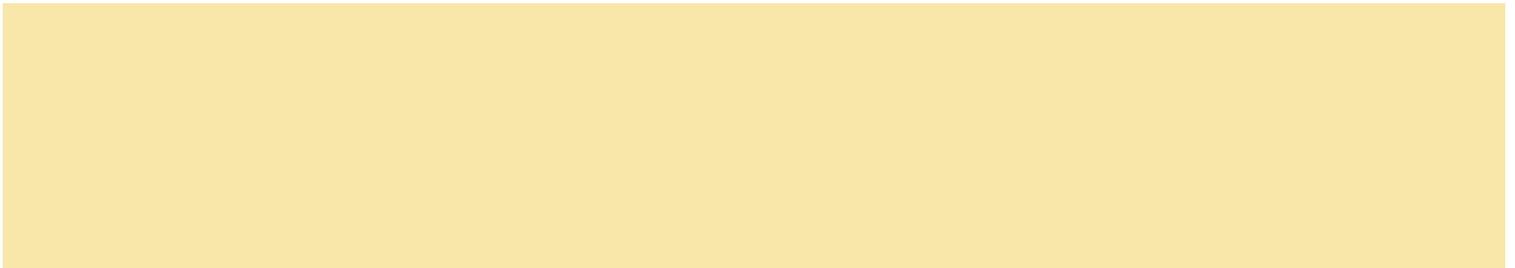
Is This Worth It?

Power of Pride





Be Prepared for Roadblocks



"This is your life! This is your shot to leave a legacy, love with your whole heart, make a difference, appreciate beauty, dance wildly, own your gifts, embrace magic, be kind, and live with integrity. On your own terms, of course."
- Molly Mahar



Three Minute Questions

(I know my joy is worthy of my attention because...)

(I know I am worthy of joy because...)



"Authenticity not only takes courage, it takes stamina. There will be tough choices, and misunderstandings. There will be 11th hour changes and mid-course corrections. And there will be marvelous tension in your life - creative tension. With momentum, there will be more of you to go around."
- Danielle LaPorte



I am Committed to Living Life on My Own Terms





FINAL PROJECT:

Craft your one line Purpose/Mission statement. This is a concise summary of “what you want your life to stand for.” Some examples I’ve seen: To celebrate life authentically and inspire others to do the same. To create harmony in the world, starting with those near me. To live wildly and brightly through my dedication to travel and art. To be at peace with myself, present for my family, and a force for positive change in my community. To honor my vision of green living and sustainability through my own actions and my work educating others.

Finalize the “My Vision” sheet. This is your one-pager that summarizes all the amazing work you’ve done these last 6 weeks in one place. You’ll turn to this page when you want a quick reminder of the big picture of your life!

* This week, it’s the final project I’d like to witness. Post your Vision sheet somewhere special to you, snap a shot, and share online with the hashtag #thejoyequation if you’re feeling brave.

Hello declaration of desiring! Talk about putting it out there!

PLAN TO ACCOMPLISH:

EXPLORATION ACTIVITY:

Have a conversation with someone you care about describing what you’ve learned about yourself/your world these last 6 weeks. Share your vision and values, your highlights and your challenges, your aha moments and your new truths.

* Ask them for their support of your vision, dreams and goals. And then – ask about the vision they have for their life!

PLAN TO ACCOMPLISH:

My Vision



MY PURPOSE	MY CORE VALUES

RELATIONSHIPS TO NUTURE	MY BIG PICTURE GOALS

Slices of Life

PERSONAL	SOCIAL	SPIRITUAL
PHYSICAL	PROFESSIONAL	FINANCIAL

Habits

DAILY	WEEKLY
MONTHLY	YEARLY



