The Joy Reboot

Toolbox

Simple Heart Reboots

Use with this Toolbox as you wish --

+ **State a positive** action, outcome, help request, prayer,etc. – or--

+ **Affirm –** an action you'll take, an outcome hoped for, a help request, prayer, etc. Keep simple & positive -- Eg.,*"I am _____", . "I can _____", etc.,* -- or a 'needs statement' such as-- *"I can get my _____(need or addictive need) from _____ (a positive action, thing, thought, etc., to fill your need.)*

+ **Name your Withhold--** What stops you from the new belief, action or change you can make? How to refute it?

+ **Name your Reward –** What's the reward of the new belief, action or change you can make?

+ *Take a Note or Journal on your work if you wish...*

De- Stress Joy Reboot

A Reboot Action Tool

For Best Results

Do Nine or more Times daily--

Keep Track & ***Check 'em off!***

* 2 * 4 * 6 * 8 * 10

Your Heart Check- In

- Breathe…

- Allow & Be with yourself …

– Observe yourself Kindly…

– How do you feel--

*– **Joyful***

*- **Joy- Good***

*- **Joy- Ok***

*- **Joy- Needy**/ Off balance*

*- **Joy- Stressed***

- Super- Stressed

Reboot below as you wish…

Joy Reunion

Heart Reboot-- Use any of these at any time.

+ *At* ***Joy--***

Compassion Connect--

Feel *Compassion for Beloved*

Compassion for You--

Compassion for Others… Expanding…

Compassion for the whole World

+*At* ***Joy- Good*** *or* ***Joy- Ok-***

+ ***Connect inside****-- Name the feelings*

What are your needs?

What Support do you Need?

+ Joy- Needy Reboot

The Joy - Needy *Re- Balance*

Feelings Tell- All --

Are you *Angry?* About what*?* –

Are you *Sad* (about what)*?* – What is your fear? –

More? -- Guilt/ Remorse?

When ready, Release & Let fade…

Express… Allow & Breathe--

What's your-- *Gratitude – Happiness*

– Security – Healthy Self- Pride

If you're

Joy- Stressed--

Do the **Super- Reboot** --

Just after the next page for

Super Stressed/ Distressed Reboot

+ **Super- Stressed** or **Distressed**

Reboot & De- Stress Tool

– Self – Soothe-- *Use anytime--*

Confirm-- *"I am safe now.*

I do not judge.

I lessen / minimize harm.

This too will change."

Repeat with gentle caring.

Affirm, Solidify & Re- Confirm

Then use a new Reboot Tool if you wish…

Up Next--

Joy- Stressed *Super- Reboot*

for Moderate Distress &/or

A Super Heart-Brain Reboot

+ The *Joy- Stressed* Reboot

Step 1 – **Why are you Stressed?**
Biggest Distress --The Facts

Step 2 – **Feelings Vent** *Tell- All*--
Speak, growl, rage, stomp, punch air, etc.

Express, Allow, Breathe-- Release & Let fade…

Step 3 – **Tell--** Your Sadness – Your Fear
. -- Your Guilt/ Remorse

More… *S*top here, Use other tools
or continue Rebooting *(Step 4)*

Joy- Stressed Reboot *Continued*

Step 4- **Tune in to your original top distress. Breathe, Allow & Connect…**

Ask yourself-- What's my **Underlying Belief** -- Why am I doing, believing or feeling this? Use an **"I am ", "I cannot "** or **"I get my _____**(need) **from _____"** message.

Step 5- **Reverse the mistaken belief,** feeling or message-- **Say & Confirm** its opposite.

Repeat/ Re- Affirm--

"I am NOT (what I believe)"– or--

"I CAN ___ (do x-y-z)" - or -

"I can NOT get my_____(need) from _____ (action, vice, thought, etc.)"... "I CAN get my_____(need) from _____ (action, vice, thought, etc.)"

Joy- Stressed Reboot *continued*

Step 6- **State/ Instil/ Affirm & Repeat** the new belief-- Eg', "I am ___" "I can __" etc. or needs message.

Step 7- **Name your resistance** to manifesting your new messaging.

Step 8- **Name your antidote**-- What best affirms this for you? Repeat.

Step 9- **Affirm** you. Rest, move or nurture you.

Step 11- Name an **Action** to take if you wish.

Step 10- **Learnings Record--** Take a note or journal If you wish.

+ *Explanation -- Step 4 of the*
Joy- Stressed Reboot

Finding Your Underlying Belief Message –

1. ***Your inner messaging may be…***

"I am ____"; "I cannot ____ " or "I get from _____" message:

"**I am_"** examples: "I don't deserve it," "I'm not worthy," "I don't matter," "I cannot suceed" or "do good," or "make a difference",

2. ***Your Needs inner messages*** *may be:*

"**I must have ____** (your need) **"I get it from_"** (action, thought or vice) Needs may be-- safety, survival, protection, nurture, hope, love, power, comfort pleasure, purpose,

What you use to meet the need may be-- overeating, hiding, abuse, shutting off, self- denial, self- indulgence, etc. *Eg:* "I must have safety. I get it from snacking on sweets." etc.

Congratulations on your Reboot!
More Reboots *Ahead*

Joy- Reboots Part 3

-- Breath, Body, Mindfulness, A Smile

Awareness of Breath-- Allow & Be with it in this very moment … .

Heart- Breathing-- through your heart, **slow & deep**

Straw Breathe-- In thru the mouth, out as thru a straw. Release on the out breath.

Mindful Minutes-- ***Be Here Now***-- Mindful of yourself & your body, even for just seconds at a time. Center your awareness gently in the breath or on an object.

Body-- Stretching, dance, kind attention & healthy movement de- stresses to heal body & brain.

Simply Smiling-- Boosts your joy & your mood.

+ More Reboots

Use after any tool or anytime in your day--

"**Just for Today,** I choose to do my best to … (Name an action you'll take to relax, reboot &/or move forward into action.)

I Affirm--

Life-- I exist. I am right here. I am alive. I am right here now. I do exist. I am.

Value, Authenticity-- I am equal with all. I am O.K. I am alive.

I am okay and amazing in the Great Higher Wisdom and Spiritual Power.

Affirmation

Affirming…

Power-- I do have power. I do it. I decide. I am not in complete control, and that's perfect for me.
I am all that I need to be. I am whole. I am vibrant.

Integrity, Truth--
This is really me. I can do good. I am good enough.
It takes work. I can do it. i do it. I value myself. I value others.

People & Love-- I can love. I am fine as I am. I am o.k.
I am loved. I can have love. I love. I allow love.

Spirit- Connection- Shining, Receiving & Radiant
I do exist. I am of great worth & value. I am of God. I am of Good.

+ More Joy- Boosting Reboots

Boost Your Joy

Four Proven Methods for an

Instant Joy Boost

A Pleasurable Experience

A Happy Memory, Thought or Remembrance

Naming your Gratitudes

Doing a Kindness for Another.

Try it out -- and then--

-- ***What is YOUR Own Favorite Method?***

Thank you for Rebooting
to Your Joy!