

# HerCsuite™

LEADER SERIES



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HOW TO

*Feel Joyful*  
EVERYDAY



*You can discover Joy  
By Celebrating All  
The Wonderful Gifts  
You Have to Offer*

## OBJECTIVES

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- Embrace the idea of joy every day.
- Pay it forward even when you are having a rough day.
- Practice gratitude each day.
- Strive For Five.

# *Finding Your Joy*

Heading into the holidays this time of year can be especially hard for some people. When we feel joy, it is hard for negativity to take hold and bring us down. Here are actionable strategies to help you not only discover how to find positivity every day but also what you can do to harness this feeling into your daily routine.. Try these tips to unleash your true potential and let me know which tips you implemented. Recently, this topic came up in a conversation about how joy is power. Think about that for a moment.

When we feel joy, it is hard for negativity to take hold and bring us down. Applying this to our working life first, when we smile and feel good the effect seeps into every aspect of our day. Conversely if we are feeling frustrated, small things can make us self-doubt and feel less than about ourselves.

Here is a real-world situation: Imagine you are in an online conference call meeting, and here is an opportunity to voice your idea but a colleague seizes the moment and you miss out. Our body language and demeanor can quickly give away how we are feeling inside-and naturally it is more the opposite of joy-anxiety, sadness, self-doubt can start whispering in you ear. The next time the opportunity comes your way-it may be easier to just say nothing instead of subjecting yourself to those feelings.

Now-take that same scenario and close your eyes. As you start that same meeting, you have a smile on your face. It actually makes you sit a little taller and you feel confident. While others are speaking, you smile in appreciation of their comments. And when it is your turn to express that idea, you feel confident and without hesitation. If the colleague mentioned earlier tries to cut you off, maintain that smile and ask that you are afforded the chance to finish your idea. Same situation-but the outcome will be vastly different. In the second one- you find that you are in control-because you have chosen your own joy. No matter how awesome your workplace is, there will always be at some point a situation that can pop the happiness bubble and move you from feeling on top of the world to not so great.

You may start to say-yes but I have reasons for not feeling happy at this moment. I am sure this can be true. But if any of us want to change our reality, or improve our mindset-we need to tap into joy, hold on to it, and the next part is super important-send it back out into the world.

For busy leaders, it is easy to get lost in your workload and miss the chance to hone the joy effect in your daily practice. Don't get me wrong-I don't always feel joyful. But I have observed that this idea of happiness has a direct correlation to success and to achieve it, we need tools to stay on track. And once we express this joy in our work, it will spill over into our personal lives.

At this time of year and always, reach out to someone in HP2. You are not alone. We are here for you to lift you up.

Always remember-you got this!

*XoXo,*

*Natalie*

# 10 Ways to Feel Joyful

**Get enough sleep.** One of the first physical ways we can lose our happiness is when we are simply over-tired. Roll back the bedtime commitment and get 7 hours minimally of sleep. Think about when you are exhausted how easy it is to feel short and frustrated-and when you feel rested.

You may say-everyone knows now that sleep is one of the number ways to maintain health-but are you getting enough? Most of us get less than 7 hours, or it is intermittent. Here is a sleep hack to share-the app AAPTIV actually has sleep meditations. I use it almost every night either going to sleep or when I can't sleep.

**Express gratitude.** Every day, I write 5 things I am grateful for in my Start today Journal. Rachel Hollis has these journals. I can honestly say it is not only a dream maker but the gratitude fills up the cup. Rachel suggests the things we write should be small-it can be someone opening the door for someone, paying for someone's coffee at the drive through. Small acts lead to big ripples in the universe.

**Pay it forward.** My favorite quote is by Maya Angelou-"People will forget what you say, they will forget what you do, but they will never forget how you made them feel." I personally get way more joy out of giving than receiving. It is something I try to incorporate always to help lift others up. Especially if I am having a difficult day-I try to do something for someone-either a stranger or it can be someone I know.

**Start the morning fresh.** Resist starting your day on your phone. I know. This is one I have to work at-and am not always good at. When we feel less productive, it has a direct impact on how we feel-and less joyful.

**Guard your valuable time.** I am very guilty of over extending and wanting to do things beyond time constraints. I now say "What is the time commitment?"



## NOTES

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# 10 Ways to Embrace Joy

**Make your self-care is a priority.** Rachel Hollis has a 5 to Thrive strategy that is very effective. Be sure to look at the checklist below to help you stay on track with your self-care. Check out The Hollisco.com for these and many more tips like #last90days

**Make sure you are balanced.** If you are feeling out of sorts it could be hormones, low vitamin D, Thyroid or something else that if left untreated can lead to more serious illness. When we don't feel our best it definitely impacts how we express ourselves at home and in our work. I have found 131 Method from Chalene Johnson to help with my physical well-being. There are meal plans and it has really helped.

**Do one thing every day that makes you laugh.** It can be looking at YouTube and laughing at a funny video. I will share with you here a video about what it is like to be on a conference call-link in the show notes. Makes me laugh every time.

**Take time out in the day to breath fully.**  
We hold our breath and it can have adverse effects on how we feel.

**Smile even when you don't feel like it.**  
Starting into a tense meeting, your inclination may be to shrink down, sit with your legs crossed and shoulders down.  
Smile, visualize joy, imagine you are in a place that makes you feel happy and express yourself to others in this light. It will improve your outcome and make you feel better!



## NOTES

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# STRIVE FOR FIVE CHECKLIST

- 01. Drink at least half of your body weight in water.
  
- 02. Work out at least 30 minutes every day.
  
- 03. Get up 30 minutes earlier every day.
  
- 04. Give up one food for 30 days-take sugar for example or something you know isn't serving you.
  
- 05. Express gratitude every day and write it down.

## NOTES

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