



Coaches Corner



Finding Joy in Transition:

Are you in the middle of changing your career? Are you in between relationships? Have you recently endured the loss of a loved one or pet? Or maybe your child has started a new school or grade.

Know that through change, we often find our greatest joys. Change or transition is often thought of as a negative experience since change brings up fear of the unknown and maybe even sadness. It's time to change your perspective and invite a new definition of change into your life.

Start with the belief that you are completely loved and all of your desires are being manifested in your life. Yes, this requires trust. It requires that even though you may not have wanted this transition, it is for your greatest good. It's often difficult to get to this perspective, since our ego (our humanity) is trying to protect us. There is a choice...you can choose to stay protected and in fear or you can choose faith and trust.

You might be wondering how to do you trust? How can you change your perspective? I offer you these questions that have powerfully helped me embrace the change, accept that I am in transition and find the joy!

Finding Joy in Transition:

1. Knowing that you are loved, ask your inner wisdom (your inner voice), **what does this change offer me?** More freedom, more love, an opportunity for more self expression?
2. Reflect on the loss or change, and then ask yourself, "**What joy did I experience?**" Allow your heart to be filled with the joy of your memories. Know that that and more is available to you.
3. Look for the lesson of the change that is in your life. Ask yourself, **what does the Universe want you to know or learn?**

Change is a natural occurrence in life. If you can accept the moment and realized that being uncomfortable or even scared is a natural too, then you can breathe, stay focused on your journey, and gracefully move through change. Also remember that you are not alone! Everyone on the planet is going through change.

From my heart to yours, may you experience the joy of living in every moment as you walk along the path of life.

Joyful Inspiration

JOY: the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires. (Webster Dictionary)

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.
Thich Nhat Hanh

Specials

REIKI SESSION

Reiki is an excellent support tool to help you through the change you are experiencing.

**Purchase one session at \$45;
Get the 2nd session at 50% off!**

Offer good from 9/15 - 10/1



About Dani Palacio

Dani lives in Portland, Oregon where she enjoys the blessings of a life filled with joy. She is surrounded by her family, friends, and community as she develops her practice of coaching and Reiki. She offers her gifts to groups, associations, and individuals. Dani enjoys cooking, baking, traveling, reading, walking, singing, dancing, and entertaining.

Joy in the Journey

Discover, Claim, Live the Joy in *YOUR* Journey

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