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Joyful News - October 10, 2018

Is Your Morning Routine Supporting Your Day?



Does your morning routine consist of staying in bed as late as possible while barely making it to work on time? Getting the day off on the wrong foot can negatively impact your entire day.

Imagine how different your life would be if you had a morning routine that ensured a good day, instead!

If you're like most people, your morning probably goes something like this:

Alarm goes off.
Hit snooze (3 times, at least).
Lie there and think about how much you don't want to get up. Or maybe you think about how much you dislike your job.
Shower.
Get dressed.
Run out the door with a granola bar (or nothing) in your hand.
How can you expect to have a great day when that's your morning routine? A good day requires preparation and a solid foundation.

I have created a handout that you can use with tips to help you set up your day to achieve a bigger win and elevate your results and life.

To get the free download, [Create a Powerful, Productive and Positive Morning Routine](#), go [here](#).

Wishing you a blessed and joyous day.

Much love,

Joy

SAVE THE DATES and JOIN US...

October 20, 2018 - LIVE - Lakeland - Clarity in Consciousness

Further details here: <https://www.meetup.com/Florida-MUFON/events/251370200/>

November 3, 2018 11:11 AM EST - Group Clearing Call - the usual list of personal and global topics and the special topic addressing the significance of gratitude and clearing for Thanksgiving including any travel involved and all that we need clear preventing us from living and benefiting from a place of gratitude. Teachings from Heaven.

December 1, 2018, 11:11 AM EST - Group Clearing Call - the usual personal and global topics and clearing for the holidays, events, travel and the religious, cultural and family traditions and all the fears and limiting beliefs and challenges surrounding the holidays. Teachings from above.

December 29, 2018 - LIVE - Event in [Morristown, New Jersey](#) on co-creating your divine future.

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