

Welcome

I want to sincerely welcome you with open arms and a joyful heart. Together, we are embarking on a journey where you are stepping forward into your new life. Where you are not only Finding Joy along the way, but you are also truly Living a Life of Joy. I, also, want to congratulate you, for taking action in your life and choosing for you.

We are a community of individuals who have realized that there is so much more to life than meets the eye. We are like-minded, caring, understanding, and supportive. Here, we all share a common bond. We have all experienced adversity and the loss of our loved one. And that bond drew us together. Now, we are all here with the desire to step forward in our own life and on our own path. To forge into our future in a positive and upbeat way. Where we are each creating the life that we want and stepping out and forward into our own new adventure. And as you do so, you have the community surrounding you, supporting you, loving you, cheering you on, and yes, picking you up if you stumble and fall along the way.

Our goal for this group is two-fold. To have this connected community surrounding you and supporting you, where a close bond is formed. Where you know that we are all here for you and we've got your back. We are here for support, guidance, accountability, friendship, compassion, whatever it is that you need. For you to come to the understanding that you can do this, and you are not alone. Knowing that you are not alone, can help give you the confidence to step forth into the unknown, where new adventure and your new life awaits. Secondly, we want for you to begin to create your new life. To experience new adventures. To begin to truly live a life that you love. You get to create your life, your way, the way that you want it to be. Anything is possible for you; you just need to believe that it is.

Even though we are holding hands and embarking together, you are on your own unique journey. You are walking on your own path forward. And where you are on your path is perfect. We each have our own launching pad that we are stepping off of. There is no right or wrong starting place and there is no right or wrong path. Where you are is where you need to be. There is no “behind” on this journey either. You are an individual with your own destination and your own path, and your heart and soul are leading the way for you. So, throughout your journey, please do not compare yourself to others. If you see someone who you perceive to be ahead of you on the path, then use them as inspiration to know that if they can do it, so can you. This can help to cultivate a greater sense of belief in your own abilities. Knowing that you can do this.

This is, also, a journey of self-discovery. Where you build a relationship with your inner self. Where you go within to discover the truth of who you really are. To discover your authentic self and to step into living your life being truly authentically you. In the process of discovering who you are, you have to let go of who you are not. You are giving yourself permission to be the person you are meant to be.

You are a divine being and you can truly create and live a life that you desire. You are stepping into the unfolding and the transformation of your life. Stepping into the realization of all that you are.

Here is this program, I want to invite you to just show up. Show up for yourself. If you show up for yourself and do the work, you will see transformation taking place in your life. And don't be afraid to do it wrong, just do it. You are human and we all make errors, we all make mistakes, it is not a big deal. We are all here to learn and to grow. There is no such thing as failure. You just may hold yourself back if you give up or don't try at all. It is okay to take small baby steps. It is okay if you

stumble and fall. We've got you so just be determined to take those steps.

We are all always growing and expanding, this is a process that never stops. I am a student myself and I, too, am always growing and learning. I don't know all of the answers. So, if something comes up that I am not sure of, I will say so. And I will then research it and find an answer for you.

Be open throughout the program. Some concepts that we discuss may seem foreign, strange, or new to you. That is okay and that will happen. Just take them in and process them if you can. The more you absorb it and consider it, the more it will begin to make sense to you. Bring your questions around these ideas and concepts to the group calls. We would love to discuss it. This would be a great topic of conversation to help you gain some clarity and understanding around it.

Be open to the possibilities and be willing to go outside of your comfort zone. Be open to new experiences. Try not to limit yourself to only the things that you feel comfortable with. Sometimes the greatest things lay right outside your comfort zone. You can experience, be and have it all.

This is a safe space and a safe container for all of us to share. We respect each other and what each other is going through. We encourage and support one another, in a positive, upbeat manner.

We also want to emphasize that this is a confidential community. Meaning that anything shared in the group, stays in the group. We respect each other's privacy so that each may share freely in the group without the possibility of their privacy being betrayed. Each member has the right to share as little or as much as they want on this journey. There is no right or wrong way, just your way that helps you to achieve

your greatest benefit in the program. We, also, agree not to share any of the group content in the Member Portal.

The old saying... “Life is a marathon, not a sprint”, applies to our program here. It means great things take time, so don’t rush it. We are on the Journey of our life, and we will always be on this journey. We will always be growing and expanding. So, we can take our time, go at our own pace, stop and smell the roses along the way. It is creating our journey the way that we want it to be, and it is about experiencing Joy all along the way. This is a life-long process. So, in the program, you can walk at your own pace and take your time integrating the thoughts, ideas, and concepts. Like I said, we are always growing and always expanding, this is something that never stops. There are no limits to the transformation that you can create in your life.

I am here for you throughout this whole journey. If at any time, you need support or assistance, please do not hesitate to reach out to me. At times, we can all weave off of our path, but I am here to help guide you back. I can help you gain clarity and perspective to help you get back on course. So please, at any time, reach out. Assistance and guidance are always available for you.

The Facebook group is where we can build our connection to one another. You can reach out in there for support, inspiration, guidance, direction, accountability, or anything else you may need. Through the use of this group, the community and connection that we can all build and cultivate can be life changing. So please, post in here frequently for any and all things. This can be a true lifeline as well if and when you need it.

And because we want you to step fully into your life and to begin creating it, you need to be out there living it. Because of this, all of the group calls will be recorded. That way you can go back and listen at

your convenience, at a time that works for you. Reminders for each of the group calls will be posted in the Facebook group. So, if you can't make it, you can post your questions there that you want addressed and, also, any comments you have about the call.

You are stepping into the unfolding and the transformation of your life. And I am so excited to be on this adventure with you. Your path lies before you. Let's hold hands and step out onto it. You are taking steps forward on a journey of self-discovery and into the creation of your new life where you are experiencing Joy and where you are truly beginning to Live a Life of Joy.

As Abraham-Hicks says, you are here on earth and living your life in order to experience outrageous JOY.

Let's go get started!