

# EASE & JOY

GINA KEEPING

First of all, I want you to give yourself a big pat on the back for showing up, for doing this workshop, for coping, and doing your best during this challenging time.

I want to start by reminding you that just because we are focusing on ease and joy does NOT mean perfection. It does not mean you can't have days where your emotions are like a roller coaster or that you have to be like Polly Anna all day long, singing songs and being positive all freaking day... 'cause that just isn't what we are about here.

What we ARE about is trying to make the best out of this situation, to switch our perspective, and to find joy in the things we do have control over. In these crazy times, there is so much we do not have control over, BUT we do have control over how we navigate our way through this.

Today, we are pulling a page from Gretchen Ruebin's book.

On the call, we are going to do an activity and, based on that activity, you are going to answer the following questions. So, no cheating, no going ahead, and no answering the questions.

Print off these sheets, grab your drink of choice, and meet us on the call to learn how we are going to navigate through this epic moment with EASE and JOY.

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Based on the activity and quiz, what was your top score?

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Take a moment and read over your results. Use the section below to write down anything that resonates with you or things you feel describe who you are and how you act.

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Now, take a moment and look at how you have been navigating through these challenging times. Jot down any actions that you have been taking. Don't label them positive or negative; just take note of some of your actions. EX. emotional eating, sticking to a routine, staying connected with friends, binge watching TV, keeping yourself busy.... List as many as you can.

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Mood tracker exercise (explained on the call)

1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Is there a certain time of day that your mood is the worst? Do a little reflection of your day and see if you can pinpoint it. If you can't, record your mood over the next couple of days to see if you can see what time of days it is the worst. Mine is around 4 ish.

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Action Plan:

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Create your JOY list. What makes you happy? Not happy in quarantine, but what makes you happy in general?

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How can you recreate any of your items on your joy list?

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Moving forward, what is your promise you are making to yourself?

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