



THE JOY WHEEL

A Guide to Finding Joy In Every Day

**A She Dares Publication
Created by Louise Gallagher**



About Louise Gallagher

Life Strategist and Creativity Coach Louise Gallagher provides strength-based 1:1 and group coaching to women seeking to unearth their gifts and clarify their passions and purpose. In the process, women transform their journey into an exhilarating adventure, one that transcends the constraints of the past and societal norms about age. More than just dream out their future, women awaken to the boundless potential and passions that lie within and create a map of their future they live with passion, purpose and pizzazz.

To inspire women to embrace their magnificence, truth and beauty, Louise regularly hosts a free online MasterClass, **RADIANT BOLD AGING**, where she shares three secrets to aging she discovered after awakening from a relationship that almost cost her life and left her broke, broken and lost.

A TEDx speaker, author and artist, today, Louise is a beacon of light, a powerful, alive woman who shares her love of living and loving with joy and passion. Her workshops provide a transformative journey into healing and living grounded in love, compassion and joy, no matter your age.

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Welcome to a journey of joy! "The Joy Wheel" is a visual guide designed to inspire and remind you of the essential elements that cultivate joy in our lives. Each point on this wheel represents a foundational element that will, when activated, connect you to joy.

The elements are emotional qualities every human has access to. Choosing to embrace the elements opens you to the opportunity to enhance your personal joy. Living that joy will allow it to ripple out to spread to the world around you.

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80 Ways to Action Joy

Included in this booklet are 10 ways to nurture each of the 8 elements in your life. These are simple, easy to enact steps which, when practiced with heart, will grow each element's presence in your life .

It's not necessary to enact all of them, even just enacting one or two for each element will create value in your life and grow the element in your day-to-day living.

Like is a journey that grows in richness when you invite JOY to be your constant companion.



The 8 Elements of JOY



Hope

The anchor of joy, hope is the optimistic anticipation of good to come, serving as a beacon during challenging times and heightening joy in positive moments.



Love

Love is the deep affection and care for others that fuels joy, creating profound emotional connections and enriching our shared experiences.



Compassion

Compassion is the empathetic understanding and kindness towards others' suffering that promotes healing and joy both in oneself and in those around us.

The 8 Elements of JOY



Kindness

Small acts of kindness can ripple through our lives, creating joy in unexpected moments and fostering a culture of generosity and care.



Forgiveness

Forgiveness is the liberating act of letting go of resentment and anger, which opens the heart to peace, reconciliation, and joy.



Connection

Joy thrives on connection, the meaningful bonds we share with others that provide support, share happiness, and celebrate life's moments.

The 8 Elements of JOY



Laughter

A universal language of joy, laughter has the power to uplift spirits, strengthen connections, and infuse moments with happiness.



Gratitude

Gratitude shifts our perspective to acknowledge the good in life, amplifying joy by appreciating what we have and the people around us.



JOY IN ACTION

Joy isn't just a fleeting feeling—it's a powerful gateway to a healthier, more vibrant life. By recognizing and embracing the moments that bring us joy, we can enhance our well-being and deepen our connection with ourselves and others. In this section of the booklet, we delve into practical steps that you can take to actively cultivate each of the eight fundamental elements of joy: hope, love, compassion, kindness, forgiveness, connection, laughter, and gratitude.

Here, you will find ten actionable strategies for each element, designed to integrate these qualities into your daily routine. These actions are simple yet powerful, each one aimed at strengthening your capacity for joy and enhancing your interactions with the world around you. As you explore these pages, I encourage you to try out these actions, reflecting on how they influence your mood, your relationships, and your overall sense of satisfaction.

Joy is dynamic and expansive; it grows through our conscious engagement and effort. By applying these actions, you are not only working towards a more joyful life for yourself but also fostering an environment where joy can flourish and spread. Let this be your guide to transforming everyday moments into opportunities for joy and connection.

10 Actions to Create Hope



1. Set small, achievable goals to create a sense of accomplishment.
2. Practice positive affirmations that reinforce optimistic outlooks.
3. Read or listen to inspirational stories of resilience and success.
4. Surround yourself with positive people who encourage your dreams.
5. Visualize your future success and happiness.
6. Keep a 'hope journal' to document and remind yourself of past triumphs.
7. Break down large challenges into manageable steps.
8. Celebrate small wins daily to build a habit of looking forward.
9. Engage in hobbies and activities that you are passionate about.
10. Offer support to others, giving is receiving -- and the act of sharing can reinforce your own hope.

10 Actions to Inspire LOVE



1. Show appreciation and express gratitude for loved ones regularly. Tell them daily, "The think I love/like most about you in this moment is..."
2. Practice active listening and give your full attention in conversations.
3. Offer a compliment, without expecting anything in return.
4. Volunteer your time to causes you care about.
5. Spend quality time with family and friends.
6. Communicate openly and honestly with those around you.
7. Foster physical touch through hugs, holding hands, or a pat on the back.
8. Write heartfelt letters, poems or messages to those you care about.
9. Practice self-love and self-care routines.
10. Engage in activities with those you love that build bonds, like playing games or cooking.

10 Actions to Inspire **COMPASSION**



1. Practice empathy by imagining yourself in someone else's situation.
2. Volunteer at local charities and help those in need.
3. Listen actively and without judgment when others share their struggles.
4. Educate yourself about social issues and marginalized communities.
5. Offer to help a colleague or neighbor with their workload or chores.
6. Donate to causes that alleviate suffering.
7. Participate in or start a support group for a cause you believe in.
8. Practice random acts of kindness.
9. Adopt a rescue pet and provide a loving home.
10. Cultivate patience and understanding with others' faults and mistakes.

10 Actions to Inspire **KINDNESS**



1. Give genuine compliments freely.
2. Pay it forward, such as paying for the next person's coffee.
3. Leave positive reviews for businesses and services you enjoyed.
4. Smile and greet strangers as you pass by them.
5. Offer your help to someone struggling with heavy bags or a stroller.
6. Make a habit of thanking service staff sincerely.
7. Write thank-you notes for gifts or gestures you've received.
8. Share your expertise and knowledge with those who can benefit from it.
9. Leave a larger tip than usual for excellent service.
10. Offer to babysit for friends or family to give them a break.

10 Actions to Inspire **FORGIVENESS**



1. Remember that forgiveness can lead to greater psychological and emotional well-being.
2. Try to see the situation from the other person's perspective to understand their motives and challenges.
3. Write a letter expressing your feelings about the hurt you've experienced, even if you don't send it.
4. Make an active decision to forgive, understanding that it's a choice that can lead to personal freedom.
5. Use mindfulness techniques to let go of grudges and focus on the present moment.
6. Sometimes, people hurt others unintentionally. Recognizing this can open the door to forgiveness.
7. Remember to practice self-forgiveness for any perceived failings or mistakes you've made.
8. Work with a counselor or therapist to process complex feelings and learn to forgive.
9. Create a personal ritual to symbolize the act of forgiveness, like writing down resentments and burning the paper.
10. Develop compassion for the person who wronged you; they are human and fallible, too.

10 Actions to Inspire CONNECTION



1. Join clubs or groups that align with your interests.
2. Reach out to old friends and rekindle relationships.
3. Attend community events to meet new people.
4. Be a mentor or find a mentor.
5. Host gatherings or meet-ups for like-minded individuals.
6. Volunteer your skills to a community project.
7. Engage in social activities that encourage team interaction.
8. Utilize social media to stay in touch with distant friends and relatives.
9. Collaborate on creative projects with others.
10. Adopt a pet to experience a unique bond.

10 Actions to Inspire LAUGHTER



1. Watch comedies or attend live stand-up shows.
2. Share funny stories or jokes with friends.
3. Engage in playful activities, like board games or charades.
4. Spend time with children or pets to enjoy their uninhibited joy.
5. Attend laughter yoga classes.
6. Create a playlist of funny videos for a quick mood boost.
7. Learn to laugh at your own mistakes and not take life too seriously.
8. Join or create a joke-exchanging group.
9. Try out improv classes to bring out spontaneous humor.
10. Keep a humor journal to jot down funny moments from your day.

10 Actions to Inspire **GRATITUDE**



1. Keep a daily gratitude journal.
2. Write thank-you notes for both big favors and small kindnesses.
3. Reflect on the positive moments at the end of each day.
4. Start your day by thinking of three things you're grateful for.
5. Share your appreciation for someone's efforts or qualities.
6. Volunteer your time as a way of giving back.
7. Take a moment to savor life's little pleasures.
8. Perform a gratitude meditation or prayer.
9. Publicly acknowledge someone's help or influence on your life.
10. Create art or music that reflects the things you're grateful for.

The JOY WHEEL In Your Life



As we turn the final page of our exploration of joy, we carry with us the vibrant tapestry of the eight elements that serve as the pillars of a joyful existence. Hope, love, compassion, kindness, forgiveness, connection, laughter, and gratitude—each of these is a thread in the fabric of happiness, interwoven in the daily choices and actions that shape our lives. The power of these actions lies in their simplicity and their ability to be multiplied; each act of kindness, each moment of connection, each effort at forgiveness is a seed from which sustainable joy can grow.


By inviting these elements into our routines, we do more than just brighten our days; we transform our lives. Joy becomes not just a fleeting visitor but a steadfast companion that accompanies us even through the trials and tribulations that life may bring.

Make a commitment to yourself to spin the wheel of joy every day. Let joy light up every corner of your life and the lives of those around you. Welcome to a world full of joy. May your path be ever joyful.

Louise Gallagher



NOTES



"THOSE WHO DON'T BELIEVE IN MAGIC, WILL NEVER FIND IT"

- Roald Dahl

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Life's a Beautiful Journey

"I am living my dream; I'm fully aware of that"



It Was There Joy Found Her

by Louise Gallagher

Forgiveness created
the beautiful Connection
for Hope
to hear the beat
of Laughter rising
in her heart.

Gratitude followed
carrying nothing
in its welcoming arms
but the distance between
Compassion and Kindness.

It was there,
JOY caught her
falling
effortlessly
into Love's embrace.

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*She dares
to live
as if age
is not a limitation
but an invitation
to live it up with
passion,
purpose
and pizzazz.*

