

Journaling for Joy with Rebecca and Amina

Joy Journaling Call In Information:

Phone Number:(724) 444-7444

Call ID: 144077

Internet link*: <http://www.talkshoe.com/tc/144077>

* Note: This will also be the link to use to listen to recorded episodes. All episodes will be recorded.

Week	Topic	Call Date
Week 1	What Brings You Joy?	Monday, May 8 th 12 Pacific/3 PM EST
Week 2	Say Yes More Often	Monday, May 15 th 12 Pacific/3 PM EST
Week 3	My Days Are Fun, Productive and Filled With Delightful Surprise	Monday, May 22 nd 12 Pacific/3 PM EST
Week 4	Keystone Habits	Monday, May 29 th 12 Pacific/ 3 PM EST (Note: This is Memorial Day)
Week 5	Focus On What You Want, Not On What You Don't Want	Monday, June 5 th 12 Pacific/3 PM EST
Week 6	The Universe Is Just Throwing Money At Me!	Monday, June 12 th 12 Pacific/3 PM EST
Week 7	Self-Fulfilling Prophecy	Monday, June 19 th 12 Pacific/3 PM EST
Week 8	Act As If...	Monday, June 26 th 12 Pacific/3 PM EST
		Monday, July 3 rd No call Memorial Day
Week 9	The Power of Visualization	Monday, July 10 th 12 Pacific/3 PM EST
Week 10	Set Yourself Up For Success	Monday, July 17 th 12 Pacific/3 PM EST
Week 11	What Are You Excited About?	Monday, July 23 rd 12 Pacific/3 PM EST
Week 12	Taking Care of Yourself	Monday, July 31 st 12 Pacific/3 PM EST

Questions?

Email Amina at joychallenge2017@gmail.com or Rebecca at Rebecca@homeschool.com.