

Joy Belongs Where You Are:

A Reset for Purpose,
Energy, and Alignment



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Welcome



Hello Friend,

I'm so glad you're here.

Whether you planned for this time or are joining in the middle of a full day, I want you to know this time is for you. Not for fixing everything. Not for becoming someone new. Just for pausing long enough to reconnect with what's already within you.

In our 60 minutes together, we'll explore a simple but powerful idea: Joy is a felt sense of alignment. It shows up when what you love, what you do well, and what you're called to offer begin to come together, even in small ways.

This won't be about adding more to your plate. It's about noticing, realigning, and taking one small step forward on purpose. As you join, I invite you to:

Get comfortable in your space

Bring something to write with if you can

And most importantly, give yourself permission to be present

You don't have to have it all figured out to begin. You just have to be willing to notice what's true for you right now. Please scan the QR code below to listen to a recording of accompany you as you walk through the pages of this document. I'm really looking forward to being in this space with you.

Warmly,

Dr. Nefertiti B. Poyner

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JOY DEFINED

Joy is a felt sense of alignment. It emerges when what you love, what you do well, and what you're called to offer come together. It's already within you.

ALIGNMENT DEFINED

Alignment is the quiet but steady agreement between what you believe, what you value, and how you actually live.

MY NOTES

5 WHYS | WHY DOES JOY BELONG WHERE YOU ARE?

1

2

3

4

5



FIND YOUR MISALIGNMENT(S)

Take a moment to think about your life as it is right now. For each statement below, shade in the number of suns that best reflects your current experience:

Joy Belongs Where You Are – Where Do I Start?

1. Find Your Misalignment

• What I **love**

•What I **do well**

•What I'm **being called to offer**

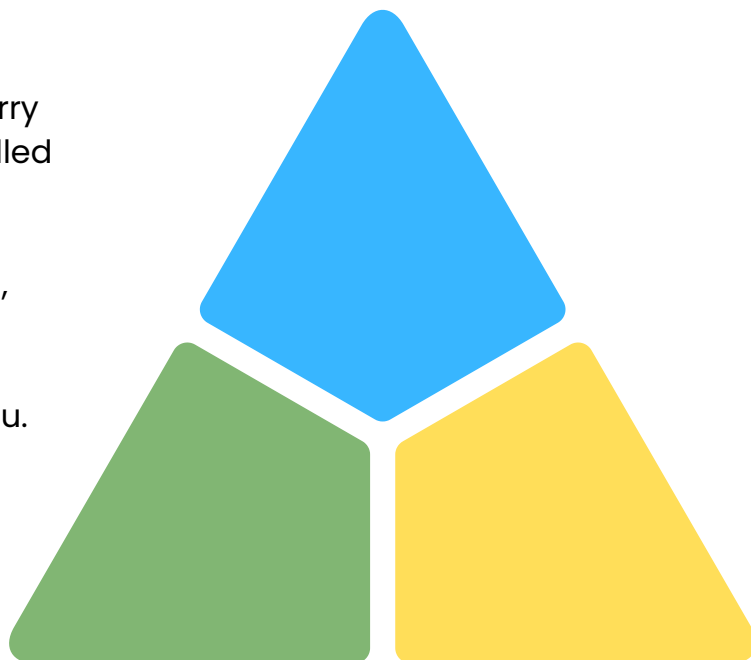
Your work starts where the coloring ended.

NAME YOUR JOY INTERSECTION

- Name one thing you love
- Name one strength you carry
- Name one way you feel called right now

Where do these three touch, even in a small way?

Let your triangles remind you.



CHOOSE ONE ALIGNED ACTION

B – Breathe

Slow down and give myself a moment to breathe and settle my body.

U – Understand

What do I understand better now? What shifted for me?

B – Build

What is one small, real action I will take after today?

B – Become

Who do you want to be in the moment that matters most?

L – Leave

What can I gently release, leave behind today that no longer serves me?

E – Embrace

What will I carry forward on purpose?

CONTACT US



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