



LAURA ERDMAN-LUNTZ



AWAKEN TO JOY

Discovering the positive in the life you are already living.

Here is a worksheet for you to jot your notes down as you go through the summer. Also write down your action commitment for each week.

Pay attention to how you are feeling.

Focus & Awareness Area: _____

Anger:

* Action commitment:

* What did you discover?:

Fear:

* Action commitment:

* What did you discover?:

Unmet Needs:

- * Action commitment:

- * What did you discover?:

Judgment:

- * Action commitment:

- * What did you discover?:

People:

- * Action commitment:

- * What did you discover?:

Eating:

- * Action commitment:

- * What did you discover?:

Media:

* Action commitment:

* What did you discover?:

Words:

* Action commitment:

* What did you discover?:

Communication:

* Action commitment:

* What did you discover?:

Gratitude:

* Action commitment:

* What did you discover?:

Spiritual Practice:

* Action commitment:

* What did you discover?:

Love:

* Action commitment:

* What did you discover?:

Ready for more joy?

Life Coaching + Yoga + Essential Oils

Schedule an inspirational coaching session with me!

<http://lauraerdmanluntz.com/life-coaching-with-laura/welcome-to-life-coaching-with-laura/>

Be sure to find me:

Blog: www.LauraErdmanLuntz.com

Facebook: facebook.com/groups/MuseLaura

Podcast: <http://tinyurl.com/IgniteLife>

Instagram: @MuseLaura

I use only Young Living Essential Oils with my family. Ask me why!

Join my Young Living Community: <http://tinyurl.com/YLMuseLaura>

LauraErdmanLuntz.com/joy

It's time to awaken to MORE joy in your life!