

# My Check-In

*In loving kindness, I do this check-in and do not judge myself. It makes me aware of life aspects where I can experience more joy. I can do something about it.*

# Joy Generation

How does it feel to be alive and celebrate life?

How does it feel to be with and connect to another/others?

How does it feel to explore and discover?

How does it feel to show up and engage?

How does it feel to express myself and speak?

How does it feel to sense and follow the natural flow?

How does it feel to create and share?

How does it feel to magnetize and manifest?

# My Check-In

*In loving kindness, I do this check-in and do not judge myself.  
It makes me aware of life aspects where I can experience  
more joy. I can do something about it.*

Joy Generation

## Sit with that for a moment.

Now imagine what life will be like when the response in all these areas are.  
I.e. It feels joyous and good to...

What if this is all  
possible?

Would you like to explore such a  
possibility?\*\*\*

Thank you for doing a check in.  
This check in is for you.

\*\*\* You are welcome to connect with us at [han@joygeneration.world](mailto:han@joygeneration.world) to explore.