



JOYFLOW SIGHTINGS™

THIS DAILY RITUAL WILL CHANGE YOUR LIFE AND BUSINESS!

JoyFlow Sightings are an easy and powerful way to increase your deep appreciation of life, calling in more trust, allowing in more peace, affirming you are on the right path, and creating a sense that the universe is supporting your expansion and well-being.

JoyFlow Sightings are those joyful moments, godwinks, synchronicities, coincidences, miracles, divine messages, and clues from the universe.

As a Daily Practice: In the morning or before bed, write 3-5 wonderfully delicious joy moments you've experienced. You might note a delightful conversation with a stranger, an opportune meeting seemingly out of the blue, a new client or speaking engagement, unexpected (or expected!) money coming into your bank account or even a visit from a cardinal that you'd swear is a message from your late favorite Aunt!

The more you acknowledge and write them down - consistently, the more JoyFlow will show up! You are truly re-training your brain to look for what is working in your life instead of habitually focusing on what isn't working.

You will deepen your belief that the universe truly has your back!

When you hold the deep belief that you are supported in walking your soul's path you develop a deeper sense of trust, confidence, and courage...and you will see your business and life open up to more amazing opportunities!

These are priceless qualities to claim and integrate to support you in creating a beautifully successful and abundant life and business.

Supporting your creative expansion!

Laura

JOYFLOW SIGHTINGS



> There's so much Success, Abundance, Synchronicities & Support in the world!
"What you **FOCUS ON** expands!"

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