

UNBLOCK
YOUR
BLISS





Life not how you thought it would be?

WELCOME TO THE CLUB HOUSE.

The word **existence** comes from the Latin root "**ex**" meaning "**out**" and "**sistere**" meaning "**take a stand**". Fully, "**existere**" translates as "**come into being**".


Take a stand out in the world as you come into being. //
Come into being as you take a stand out in the world.



WHAT DO
YOU STAND
FOR?




I'VE BEEN THERE. WE'VE
ALL BEEN THERE.



We all need a little help
*to make life work for us
and not against us.
Together.*

*Have an open mind! Make
sure to complete all 5
days so that, **together**, we
can find your joy and
ensure you have a clear
direction.*





1ST THINGS FIRST



STOP
COMPARING
YOURSELF!



01

You cannot compare your 5th chapter to someone else's 10th. Motivation is a myth.

*Everything is a choice.
"How you do anything is how you do everything."*

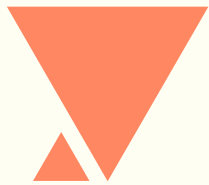
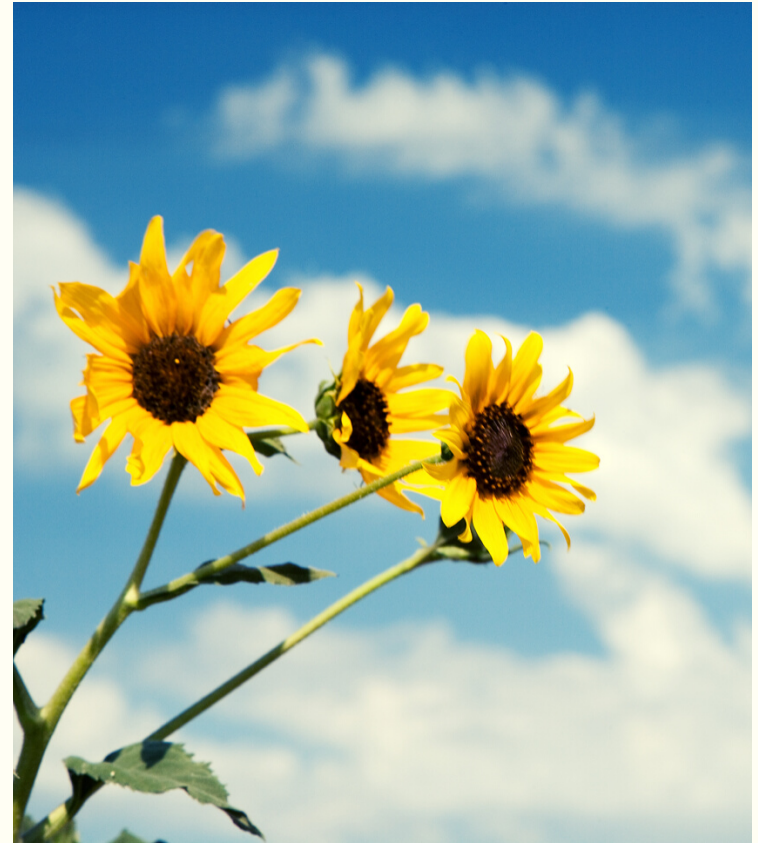
Self-love, confidence, passion and positivity come with practice. Daily practice. In each moment.



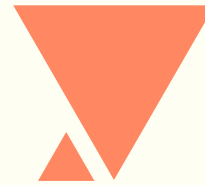
Your beliefs are

MAKING AN EXCUSE

*for you not being, doing or having
what you want.*



*The things that are
preventing you from
moving forward are
mainly due to a **lack of
awareness.***



*What to do?! Have
a growth mindset. By
being here, I already
know you do! **KILLIN IT!**
And be willing to invest
time and energy into this.
INTO YOU!*



*I will help you save time,
boost energy and do things*

THAT ACTUALLY WORK

*Right now, you might be searching
outwards vs inwards. You might
feel stuck, scared, inconsistent,
confused, lost, unfulfilled, tired.
Lonely?! Self imposed blocks
& limits are no joke, but don't
worry, I gotcha!! So, here's how this
program is going to work:*



DM ME ON INSTAGRAM

01

I am here for you 24/7


02

*Follow @myintent for our daily
doses of nourishing self care tools*

03


*live streams happening everyday at
@meganleejoy or @myintent!*

BUT MEGAN, I FEEL GREAT!!



Good for you, Suzanne! Seriously. You've done work and it shows. The levels of consciousness we get to break through are unending, lucky duck! Your life is a 10? What would it look like at a 20?! I can't wait!!

Once we reprogram (deprogram?!) ourselves from what society molded us into, we get to continuously step into our highest self!



A woman with long brown hair, wearing a grey tank top, stands in a field of sunflowers. She has her right arm raised high and is looking upwards with a joyful expression. The background is a clear blue sky. The image is overlaid with a semi-transparent blue filter.

"I AM THE MOST ME I
HAVE EVER BEEN!"

-YOU, EACH NEW DAY, FOREVER.

*POST YOUR JOURNEY ON SOCIAL MEDIA TAGGING
@MEGANLEEJOY & #MYJOYJOURNEY ! ! ! !*



WHAT DO I GET TO DO NOW?!

FB

01

Head on over to our FB group and make an intro post about who you are and your intention for taking this challenge!

02

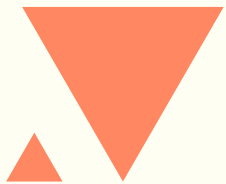
I won't be mad if you also posted a favorite quote or inspiring youtube video. I'm a sucker for Alan Watts.



The time for change is

NOW.

*It's time to FIND YOUR
JOY and start getting those
results you've always chased.*



*It's the first step to actually making sure you'll get the results you
deserve. DESERVE.*