



*Love* AMPLIFIED

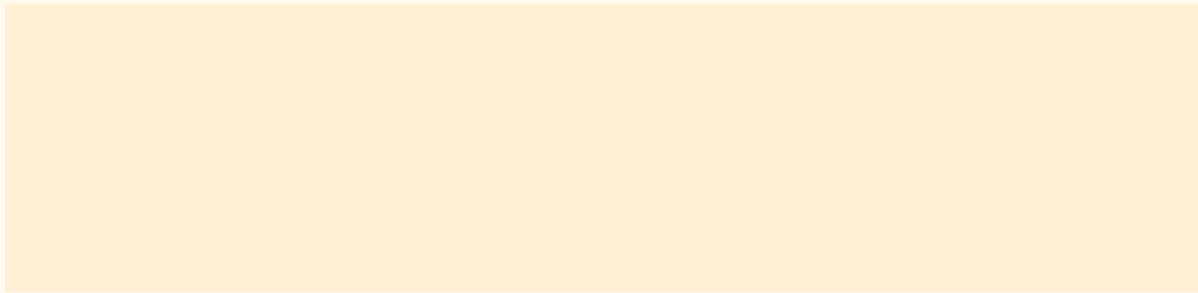
# JOURNEY TO JOY

By Master Coaches Christine Hassler & Stefanos Sifandos

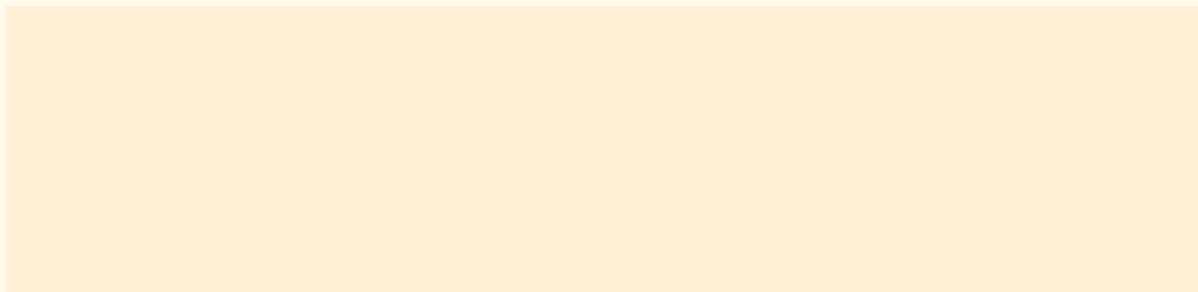


## DAY TWO: RELEASING BLOCKS, UNLEASHING JOY & RECONNECTING TO YOUR INNER CHILD

1.) What was the most difficult AND the most amazing thing about the somatic / physical work Stef guided you through?



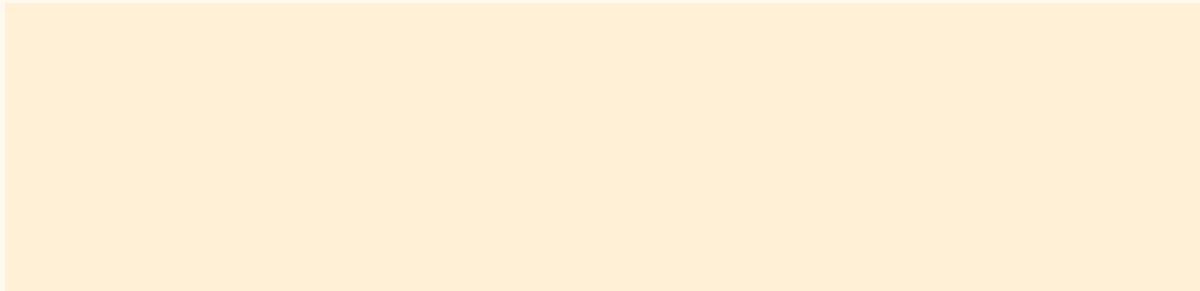
2.) What was the experience like of tapping into joy, play and inhibition? Write as much as you can here so you can use this experience as a reference point when you want to tap back into these feelings.



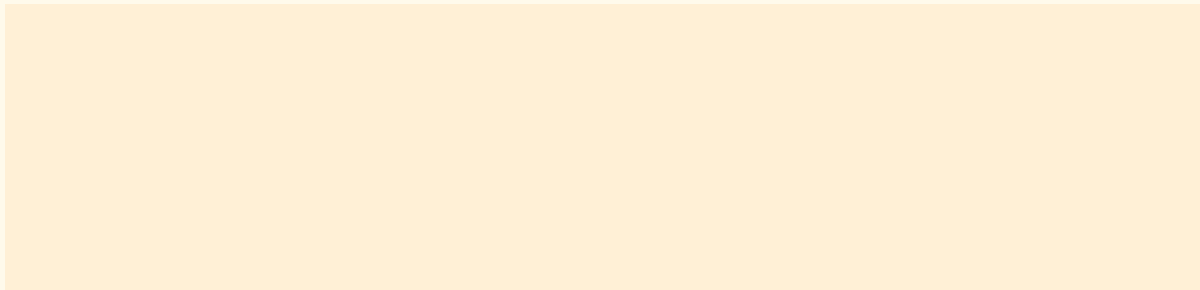
3.) Through the guided visualization Christine led you through, did you connect to your inner child? If so, what message did they have for you? If not, will you make yourself and your inner child a promise that you will keep trying?



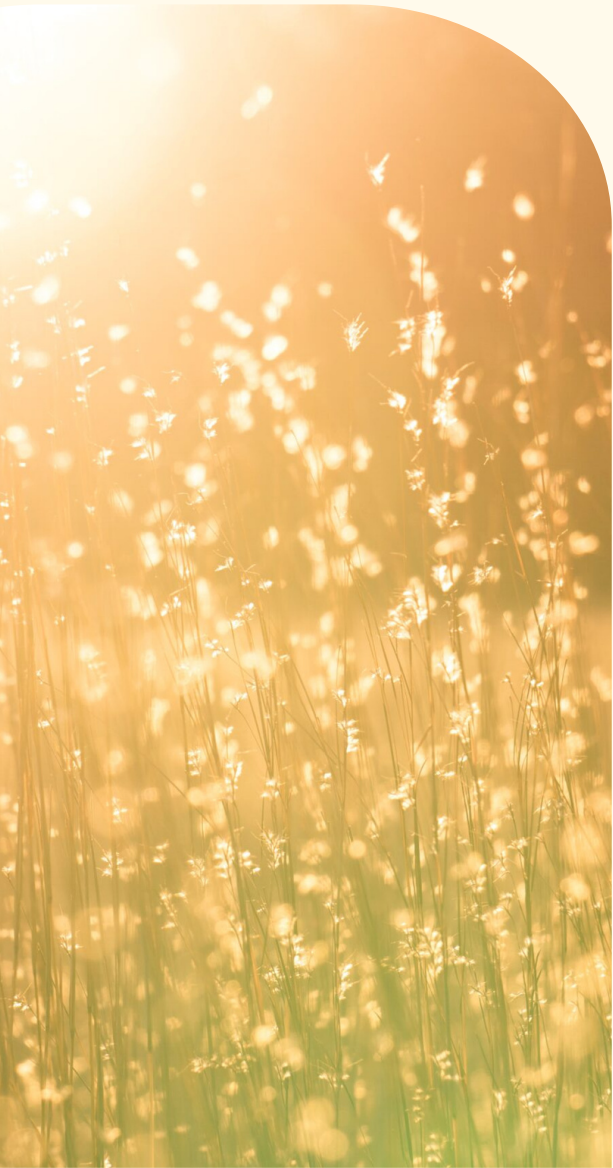
4.) After this short experience, imagine what is possible. Without overthinking it, write about what could be different in your life with a healthier connection to your inner child.



5.) Begin writing your JOY LIST. Choose ONE thing to do that cultivates joy. Do it before tomorrow's call. If you post about it and tag us on Instagram, you'll receive extra points toward our grand prize.



Great work!! These are important questions to ponder and we will dive even deeper into them during tomorrow's call.



## QUALIFY TO WIN

# *daily prizes*

- 01** Watch today's full training LIVE
- 02** Share an image of you watching the live on your IG Stories within 24 hours
- 03** Make sure to tag @christinehassler and @stefanossifandos so we can track your points!

## *homework*

Each day you will find the replay for the training **HERE**. Comment on the replay page, your biggest ah-ha or takeaway for the day.

**Join Us Tomorrow, Thursday,**  
**February 8th at 2PM PST / 5PM EST**