



Cynthia Glickman, PhD

America's Joy Coach

The time is now!



101 Joy Tips

1. Joy Tip #1 Feel the Joy
2. Joy Tip #2 Be the Joy
3. Joy Tip #3 Allow the Joy
4. Joy Tip #4 Give the Love you want to receive
5. JT #5 Live in the Joy <http://www.cynthiaglickman.com/?p=332>
6. Joy Tip #6 Jump up and down 3 three times with a smile on your face
7. JT #7 Take a deep breath in and look up at the sky
8. JT #8 Find one thing that makes you smile
9. JT #9 Admire the beauty in the sky
10. JT #10 Let someone you love know you love them
11. JT #11 Admire the beauty in your surrounds
12. JT #12 Free yourself from the words HAVE TO
13. JT #13 Get a message
14. JT #14 Spoil yourself
15. JT #15 Make every day valentine's day
16. JT #16 Go for a ride on a roller coaster
17. JT #17 Get your hair done
18. JT #18 Wear something that makes you feel great about yourself
19. JT #19 Dance like nobody is looking or if you like attention, like everyone is looking
20. JT #20 Do a random act of kindness for someone
21. JT #21 Clear up all misunderstandings
22. Joy Tip #22 Eliminate clutter
23. Joy Tip #23 Focus on what you do want, not what you don't want
24. Joy Tip #24 Live your dreams
25. Joy Tip #25 Travel the world
26. Joy Tip #26 Explore your relationships
27. Joy Tip #27 Take responsibility for your life and all your situations
28. Joy Tip #28 Know that you are always in good hands



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29. Joy Tip #29 Know that you are a divine spiritual being and connected to the universe
30. Joy Tip #30 Learn from your mistakes
31. Joy Tip #31 Set boundaries
32. Joy Tip #32 Look for the silver lining
33. Joy Tip #33 Be glad
34. Joy Tip #34 Be alive
35. Joy Tip #35 Be grateful <http://www.cynthiaglickman.com/?p=365>
36. Joy Tip #36 Be who you really are
37. Joy Tip #37 Let go of the need for recognition from others
38. Joy Tip #38 Live in the possibilities
39. Joy Tip #39 Allow yourself to Just be
40. Joy Tip #40 Be centered in yourself
41. Joy Tip #41 Flow with life – let go of resistance
42. Joy Tip #42 Be kind to yourself
43. Joy Tip #43 Let go of past hurts
<http://www.cynthiaglickman.com/?p=254>
44. Forgive yourself and others
45. Let go of judgment
46. Once you let go of judgment there is no need to forgive - we are all doing the best we can in the moment
47. Let go of the need to be right and focus on being joyful
48. Let go of your ego and allow your heart in unison with your mind to lead you
49. Unlock old negative patterns and replace them with positive better expansive patterns
50. Know that you are one with God
51. Let go of the need for approval from others
52. Make yourself happy –let go of the need to make others happy
53. Listen to your soul
54. Love yourself
55. Focus on the good in other people



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56. Set clear boundaries
57. Be clear in what you want and what will make you happy
58. Be true to yourself
59. Be in integrity
60. Be in alignment with your mind, body, heart and spirit
61. Know that you are Loved
62. Spend time with those you make you smile, those who make you laugh and those you love
63. Eliminate Drama
64. Communicate from your heart
65. Live from your heart
66. Indulge
67. Pay attention to the stuff that matters and let go of the stuff that doesn't
68. Tell the people you care about that you love them
69. Be grateful to your employer/employee
70. Release relationships that are not working
71. Draw in relationships that are a harmonious and elevate you
72. Joy stakes everything on the truth.
73. Joy's arena is the heart
74. Joy embraces all circumstance in the sure knowledge that we're moving toward a reunion that is beyond our comprehension.
75. Free yourself of jealousy and be happy for the blessings of others
76. See all problems as easy to overcome and an opportunity to grow
77. Joy Tip # 77 Free yourself of negative thoughts
78. JT #78 When you have a negative thought replace it with a breath of Joy. Bring your attention to something you are grateful for.
79. Joy Tip #79 Give 12 hugs today
80. Joy Tip #80 Shine your light
81. Joy Tip #81 Give your best.
82. Joy Tip #82 Create small acts of random kindness.
83. Joy Tip #82a Hold the door for someone



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84. Joy Tip #82b Pay the toll for the car behind you
85. Joy Tip #83c Vow to look for the best in people you see every day
86. Joy Tip #84 Compliment 5 people today.
87. Joy Tip #85 Make a habit of complimenting 5 people every day– put 5 pennies in your left pocket, by the end of the day each switched to the right
88. Joy Tip #86 Seize the Day
89. Joy Tip #87 Be in the moment
90. Joy Tip #88 Fill your lungs with air and feel
91. Joy Tip #89 Shift your perspective
92. Joy Tip #90 Be flexible at how you view your circumstances there are always multiple perspectives, find the one that brings you peace and joy
93. Joy Tip #91 Spiritual: take time to reflect and meditate
94. Joy Tip #92 Self care: Make yourself a priority, give yourself time on your schedule
95. Joy Tip#93 Take a bath
96. Joy Tip #94 Get a massage
97. Joy Tip #95 Go for a hike
98. Joy Tip #96 Go to the gym
99. Joy Tip #97 Go to a yoga class, Thai Chi, Qi Gong
100. Joy Tip #98 Send a thank you to someone who was there for you or did something kind
101. Joy Tip #99 Say thank you to someone in your life for just being
102. Joy Tip #100 Listen to inspiring music or tunes that make you feel good
103. Joy Tip #101 Be open to change

These are gifted to you to keep you in the light; they are shared in love, joy and gratitude. If you feel that you would like to continue to live more joyful,



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live your passion and erase stress from your life – email me at Cynthia@cynthiaglickman.com for a session today!

This is what just a few clients are saying...

“I was told I wasn’t going to see my son Stevie graduate from high school, I was in stage two lupus and the doctors had a time clock on my head. After only three weeks working with Dr. Cyn the Lupus was gone, completely out of my system – Now I will be here to see my son Stevie graduate from high school. She changed my life!”

Steve Norton,
President
Norton Credit Services

“After many years of breathing problems and IBS, I had one session with Cynthia and literally the next day I could poop – something I had trouble with for over 15 years.”

Shelly Bascone
Mother

Call 702-325-2201 or email Cynthia@cynthiaglickman.com today!

For information regarding the upcoming Unleash Your Awesomeness 2012 go to www.yourjspot.com