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# THE POWER OF JOY

*It's Nothing  
Short of  
Miraculous...*

MarBeth Dunn





# **The Power of Joy Workbook<sup>©</sup>**

by

**MarBeth Dunn**



## Identify the Causes Part I

The first step in creating more joy, is to look at what might be blocking it. This can include any feelings of hurt or loss, unhealed events or situations from your past, feelings of victimhood or blame, all of which can trigger regret, pain, sadness, grief, numbness, which are the antitheses of joy.

### What hurts or losses are you aware of in your life?

- Have you lost a loved one through death, divorce or the end of a relationship? \_\_\_\_\_  
\_\_\_\_\_
  
- Have you lost money, friends, jobs, self esteem, desirable experience, security through a business, finances, or health setback? \_\_\_\_\_
  
- Have you experienced “hidden losses”? Do you feel that you have...
- Lost your beauty, youth, sexiness? \_\_\_\_\_
  
- Lost yourself in a relationship? \_\_\_\_\_
  
- Lost your self respect? self esteem? Your trust? \_\_\_\_\_
  
- Experienced empty nest? \_\_\_\_\_
  - Lost your personal power? \_\_\_\_\_

### Additional Hurts or Losses

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**What impact have these hurts or losses had on your life?**

- In your relationships, professional and personal? \_\_\_\_\_
- In your work? Your finances? \_\_\_\_\_
- Your ability to take risks? \_\_\_\_\_
- Your feeling stuck? \_\_\_\_\_
- Your health, your weight, or sleeping patterns? \_\_\_\_\_
- Your ability to focus, your outlook on life? \_\_\_\_\_
  - Your overall ability to function? \_\_\_\_\_
  - Have they affected your finances? \_\_\_\_\_
  - Have you lost your clarity? \_\_\_\_\_
  - Do you feel sadness or yearning? \_\_\_\_\_
  - Do you clean compulsively? \_\_\_\_\_
  - Have you become a workaholic or developed other addictive patterns? \_\_\_\_\_\_\_\_\_\_
- Are you in a downward spiral? \_\_\_\_\_

**Are you being impacted in other ways?**

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# Part II Your Perceptual Lenses

## What Limiting Beliefs are holding YOU back?

Read through the lists of limiting beliefs in the different life areas below. I've added them to the workbook to give you a head start, and I'm sure you will be relieved to know that there are many that you don't have!

*Put a star next to the ones you recognize as yours...*

### Limiting beliefs about Money:

Money doesn't buy happiness  
Money doesn't grow on trees  
Money is hard to come by  
Money is the root of all evil  
People won't like me if I'm rich  
There is never enough to go round  
I can't afford it  
Money won't solve all my problems  
There isn't enough  
You have to work hard for your money  
Money doesn't come easily  
We have always scrimped and saved for everything we have  
Money is isn't spiritual  
Rich people are stingy, tight fisted, crooks, mean, nasty, (you complete the sentence)  
Money always seems to slip through my fingers  
You have to rip people off to have money  
Who did they rob to get that nice car/ house? etc  
I am unlucky  
The higher you go, the harder you fall  
Things always go wrong for me  
I don't deserve money  
I can't handle money

### Limiting beliefs about the body:

I hate my body and that's not going to change  
I'll never look like a movie star, so why bother?  
I'm always tired and I just don't have enough energy  
My body's just not healthy and it will never be  
I'll never reach my ideal weight  
I'll never have the perfect figure  
I don't have enough discipline to follow through on an exercise or weight loss program  
I don't have enough time to take care of my body  
I can't change what is-- it's too far gone  
You can't change the way things are  
This condition isn't curable  
I hate exercise

I'm ugly and it will never get better  
When you get this flabby and out of shape you're over the hill

### **Limiting beliefs about Relationships:**

I'm not good enough to attract the man/woman I want  
My partner will be just like my father (mother)  
I'm stuck in the pattern of my parent's relationship. I'm destined to keep repeating it  
Relationships never work out anyway  
I always attract controlling mates  
Men (women) are always unfaithful  
All marriages end in divorce  
They always leave me  
I'm not attractive enough  
The good ones always pass me by  
No matter what I do, it's not going to work out anyway  
Men (women) are controlling (abusive, inconsiderate, cheap, immature, etc)  
Love is for other people  
I always pick losers

### **Limiting beliefs about Work and Career:**

I will never make enough money doing what I love  
I have to work so hard I burn myself out  
I don't have what it takes to be successful  
I can't afford to leave this job, even though I hate it  
The good jobs are for people who come from money (are pushy, political, kiss-asses, etc)  
I can't make a living without sacrificing  
It's a dog-eat-dog world  
I don't have enough time to create my own business  
I'm a procrastinator. I'll never get anything together for myself  
They always pick someone else  
I can only get so far  
I'm too poor to get ahead  
I'm not clever enough to succeed  
I'm not educated enough  
I'll never get ahead

### **Limiting beliefs about You:**

I'm not good enough  
Deep down I know I don't deserve love  
I'm too old, too young, too fat, too thin, etc.  
Good things always happen to other people, not to me  
I'm a loser  
I'm stupid  
If it's not one thing, it's another

# Recognizing YOUR Perceptual Lenses

## How do you know if you have a limiting belief?

If you're feeling limited in one of your life's areas, there's a good chance at least one of those pesky limiting beliefs is to blame. They're not always easy to spot, because the universe is constantly reflecting your beliefs back at you, "proving" their validity. For example, if you are holding the belief "good things happen to other people, not to me," the universe will create that belief in your world, to prove it to you.

The good news is that once you spot a limiting belief, it's easy to release it. The difficulty up to now has been spotting them! Here's an easy way you can identify your limiting beliefs, just by adding a simple word. Look at a challenge you've been experiencing, and add the word *because*. *Because* requires a **reason**, an excuse, if you will, and chances are, that reason will be a limiting belief.

## Here's how it works:

*I haven't found my significant other **BECAUSE***

I'm too fat

There are no good men (women)

The only men/women on the online dating sites are losers

I'll be hurt if I open my heart in a relationship

*I can't leave my old job **BECAUSE***

The economy's terrible

I won't be able to find something better

I'm too old to find another job

*I can't get in shape now **BECAUSE***

I have no time

It's too much work

I haven't taken care of my body in years. I wouldn't know where to start

1. **Make a list of your challenges below, then write the word *BECAUSE* beside each one.**
2. **Write your reasons under each challenge. Write quickly, without hesitation.**
3. **Don't stop writing your list until you either run out of reasons, or you start repeating yourself.**
4. **Say each excuse on your list out loud, and notice whether it resonates with you. Is there an emotional charge on it? Does it affect you. On a scale from 10 - 0 (10 is the greatest), how much is this excuse affecting you, holding you back? Mark the number beside it.**
5. **Put the higher numbers (5 and above) on a new list, and begin to release the higher ones first.**

**Are they limiting beliefs or facts?** Your excuses may be limiting beliefs you can change or they may be facts that you can't possibly change. You may notice an emotional charge around your beliefs, but you may not be able to tell the difference between fact and belief. For example. "The economy's terrible" might be seen as a















