



*The Joy Hut*<sup>TM</sup>

# IS COACHING FOR ~~~~ YOU? ~~~~

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MIND BODY & ENERGY  
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Hi, I'm Angela Joy from TheJoyHut...

In life we have pivotal moments that help us redirect where we are headed. These moments may involve an experience, a sudden change, an opportunity or even a person that enters your life.

Let me help you discover what opportunity is your next best step right now!

*Is Holistic Mind Body & Energy Coaching For You?*

**You have 2 CHOICES....**

1. You can **DO NOTHING** and imagine where you will be in 12 months time

2. **MAKE THE DECISION** to invest in a **COACH**, like many successful people do, gaining clarity on what's most important to you and begin to eliminate those limitations that prevent you from experiencing even more JOY!

**Can you imagine the benefit of having more uplifting support available to you and expand on your life experience, including the connection with yourself and others?**

*Ask yourself now, "Where would I most likely be in 12 months if I said 'yes' to that support?"*

**IS HOLISTIC MIND BODY & ENERGY COACHING REALLY FOR YOU?**



Answer these questions to help guide you to your choice now.

1. Do you feel that life gets in the way of what you really want and controls you?
2. Would you get value out of gaining specific clarity around your goals & lining up with what is truly important to you, so you allow a life that reflects *who* you are?
3. Is there not enough hours in the day? Do you want more fun?
4. Are you working in a career that feels like it's what you are meant to do or is it something you really aren't that passionate about?
5. Do you struggle to feel there's a good balance in your family life, work, relationships, health and self-care?
6. Do you know there's more to life than what you're currently *being, doing, have now* and are *allowing* yourself to create?
7. Are you just on the merry-go-round of life automatically and not experiencing any variety and the JOY that your heart desires?
8. Do you find that things are often stressful or that there is something holding you back from really going for it?
9. Do you feel that there is some kind of conflict happening within you and you know it has to stop? Or maybe you're experiencing conflict in some relationships?
10. Are you beginning to recognise certain ways you are behaving that are not highly beneficial? Or do you want more emotional resilience so you feel more in control in life?
11. Do you notice that you experience specific patterns in life or repetitive habits & wonder why? For Eg; Do you seem to attract the same 'type' of person in your life and have challenges with this?
12. Do you find it difficult to make decisions and/or feel 'torn'?
13. Would you find value in having a space you could feel consistently safe in and have someone to support and encourage you, without judgement, offering honest feedback?
14. Do you have an underlying desire to learn and grow, which might mean getting comfortable with being uncomfortable for a short time? Are you willing to learn effective daily steps that help you to be happy with a healthy mind, body and emotional system?



**If you answered YES to any or many of these questions, you will definitely find Holistic Mind Body & Energy Coaching a valuable investment in YOU!**

To learn more and start your transformation today, email any questions to Angela Joy at [angela@thejoyhut.com.au](mailto:angela@thejoyhut.com.au)

Or

**[BOOK a DISCOVERY & CONNECTION CALL HERE!](#)**

DID YOU KNOW.....That if you want to live the most fulfilling life possible, adding coaching gives you the opportunity to do just that, through Self-Mastery!

Whether you want to recreate your life, accomplish a goal, let go of fears, stress, anxieties and 'dis-ease' that holds you back or simply reignite your 'spark', coaching can help!

When you awaken the '*Real You*' and have all parts of you aligned to make you happy, it's an easier road to take from where you are now to where you want to be.

TheJoyHut's coaching and healing provides you with clarity, focus, a safe environment & honest feedback, accountability, regular support, self-awareness, so that together we can recognise and overcome the challenges you face, including what stresses you most!

**Are you just surviving within your COMFORT ZONE?**



## Our response to 'Life' looks like one of these options...

### Struggle Street

- If you are in the pain on struggle street, you will surely know it and some of your important needs are not being met in a way that feels good to you. You may be suffering on a physical, emotional, mental or even spiritual level and have a sense that you are living a life that is just not 'right' for you!
- Until you begin to become congruent with your values, passions, honour your strengths and eliminate any internal conflicts you may be experiencing, you cannot break free from this painful position. If you feel like you are going against the grain and climbing uphill constantly, how can life look exciting?

### Comfort Zone (no growth)

- Are you like most people who get most of your needs met by sticking to only what is 'comfortable', remaining where you are, doing the same thing day in day out? Or do you know that you need to reclaim that genuine feeling of excitement in life and have a sense that you're selling yourself short, or just 'settling'?
- When we stop, we begin to die. This is true for all living things. And when we stay within the comforts that we are used to, any challenge can surely 'rock the boat' and cause you stress as it appears unfamiliar.

### Joyful Road

- The Joyful Road can be challenging and a bit uncomfortable at times, but it's SO worth it!
- If you want to be happier with a growing sense of excitement, reconnecting with your passions, what's truly important to you and begin to daydream instead of 'nightmaring', you have to keep growing past your comfort zone!

**The magic happens the moment you step out of that comfort zone.**



Through coaching, you can begin to bring in a more joyful experience once again and break free to allow yourself permission to create what you want!

We can always have more meaning, peace, balance, greater relationships, freedom and abundance. So even if you are living consciously, honouring who you are and what you want to create, and know the value of regularly investing in yourself, you can always expand more.

*With professional, insightful and uplifting support that offers even more tools, this will only speed up the process.*

*Remember, nothing changes if you choose to sit on the same spot on the road. You may just get run over!*

**[BOOK a DISCOVERY & CONNECTION CALL HERE!](#)** today and get started on your experience to break through & come out the other side.

**Here is to your JOY! 💕💕**

*Angela Joy Johnson*

*Founder of TheJoyHut*