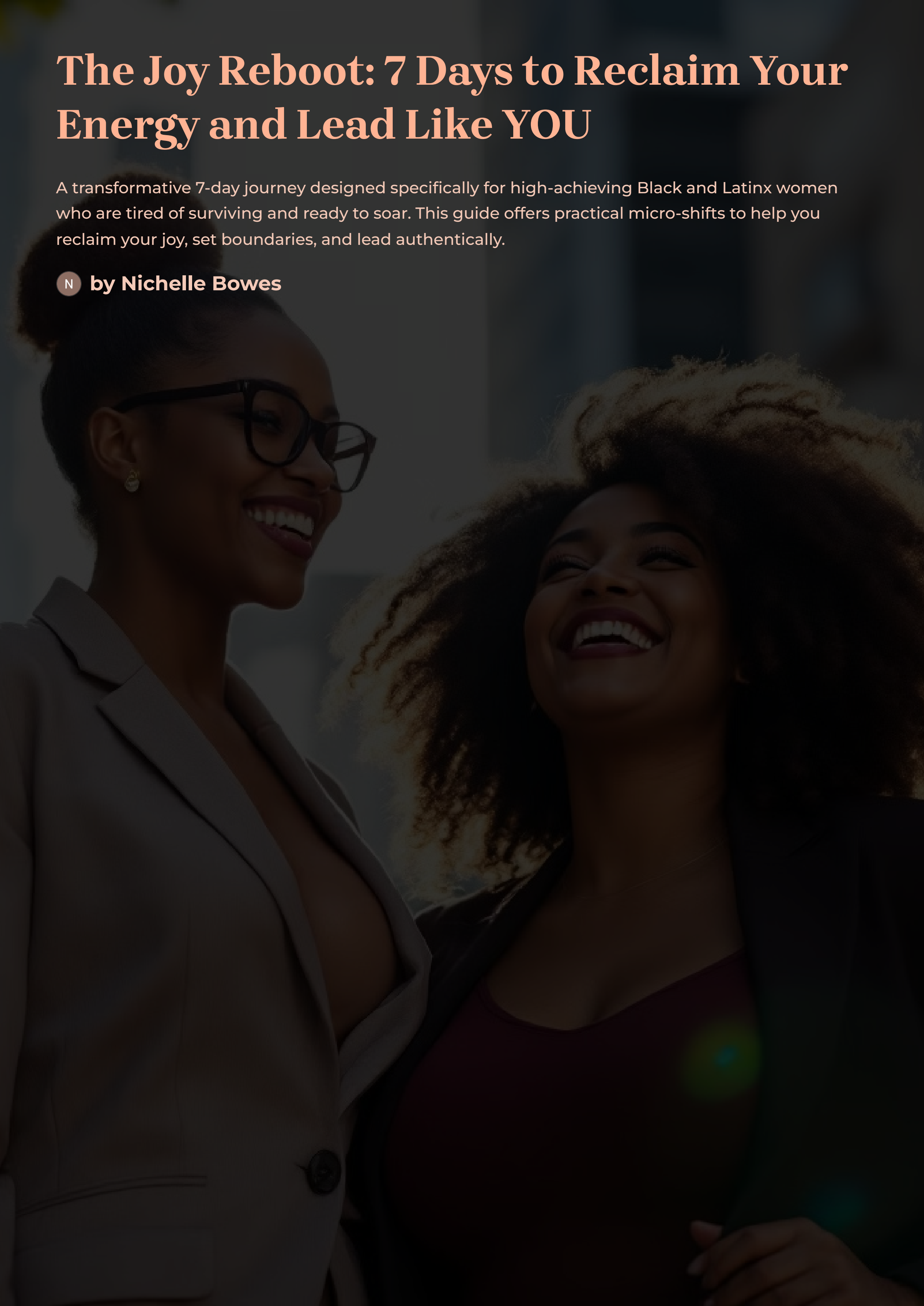


The Joy Reboot: 7 Days to Reclaim Your Energy and Lead Like YOU

A transformative 7-day journey designed specifically for high-achieving Black and Latinx women who are tired of surviving and ready to soar. This guide offers practical micro-shifts to help you reclaim your joy, set boundaries, and lead authentically.

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Welcome, Sis

You made it to this workbook, which means some part of you is tired of the burnout, the checklists, the never-ending expectations. You want to feel good in your body, in your purpose, and in your leadership again. You're in the right place.

This isn't a retreat (though we love those), and it's not a lecture (we've sat through enough). This is your personal reset.

Seven days.

Seven small shifts.

One big change: Joy that feels real and sustainable.

Ready? Let's get into it.



Day 1: Joy Audit

Understanding Your Joy Sources

The journey to reclaiming your joy begins with understanding where it exists and where it's being drained in your life. Today's focus is about honest reflection – identifying what fills your cup and what depletes it.

Many high-achieving women find themselves running on autopilot, saying yes to obligations that no longer serve their purpose or bring fulfillment. Your joy audit is the first step toward intentional leadership that prioritizes your wellbeing.

Today's Practice

Reflection Exercises

- **Prompt:** Where in your life and leadership do you feel most alive? Most drained?
- **Micro-Shift:** Identify one thing you're doing out of obligation that no longer serves you. Say no to it this week.

Mindset Shifts

- **Reflective Question:** What would I do differently if joy was my strategy?
- **Permission Slip:** I am allowed to choose joy over obligation.

Day 2: No is a Complete Sentence

For many of us, saying "no" feels like letting people down or failing to meet expectations. But every "yes" to something that doesn't align with your values is a "no" to something that might bring you joy and purpose.

1

Today's Practice

- **Prompt:** When was the last time you said "yes" and immediately regretted it?
- **Micro-Shift:** Draft a kind but firm "no" to a request on your plate. Practice saying it out loud.
- **Reflective Question:** What am I afraid will happen if I say no?
- **Permission Slip:** *My worth is not tied to how much I carry.*

2

Sample No Statements

- "I appreciate you thinking of me, but I need to decline."
- "Thank you for the opportunity, but I don't have capacity right now."
- "I've evaluated my commitments and cannot take this on."

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Remember

Your "no" creates space for your bigger "yes." When you decline what doesn't serve you, you make room for opportunities that align with your purpose and bring you joy.



Day 3: Lead Like YOU

Authentic leadership isn't about mimicking others – it's about leaning into what makes you uniquely powerful. Today is about shedding the performance and embracing your natural leadership style.

Today's Practice

- **Prompt:** What are three things that make your leadership style unique?
- **Micro-Shift:** Ditch one thing that feels performative. Replace it with something that reflects your values.
- **Reflective Question:** Who am I trying to impress by being someone I'm not?
- **Permission Slip:** *I am most powerful when I am most myself.*

Example Swaps

- Swap a robotic Slack message for a voice note that feels more like you.
- Skip the over-curated meeting script and speak from the heart (with prep, not perfection).
- Replace forced networking with genuine connection with people who energize you.
- Exchange formal emails for communications that reflect your personality.



Day 4: Take Up Space



Recognize Where You Shrink

Identify the spaces, meetings, or relationships where you find yourself holding back your voice, ideas, or full presence.



Question The Pattern

Challenge the beliefs that keep you small. Is it imposter syndrome? Past negative experiences? Cultural expectations?



Speak Your Truth

Choose one opportunity today to voice your perspective, even if it feels uncomfortable. Your insights are valuable.



Expand Your Presence

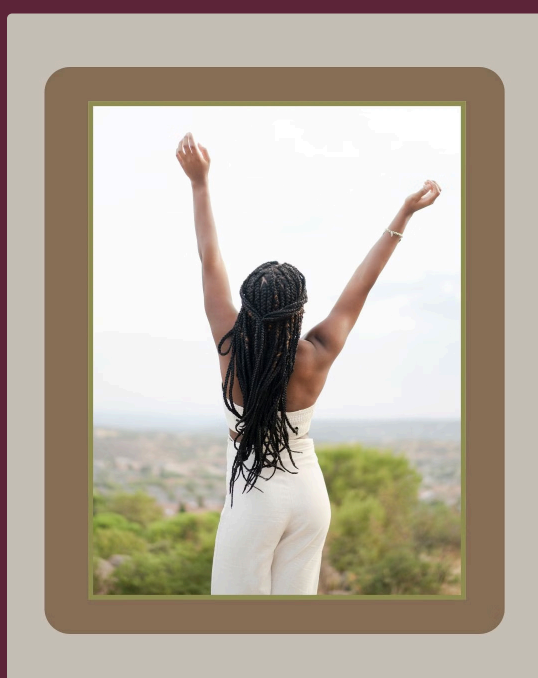
Practice taking up physical and intellectual space unapologetically, knowing you belong in every room you enter.

Today's Prompt: What spaces do you shrink in? Why?

Micro-Shift: Speak up once today when you would normally stay quiet. Your voice is needed.

Reflective Question: What part of me believes I have to earn the right to speak?

Permission Slip: I am not too much. I am just enough.



Day 5: Boundaries Build Joy

Boundaries aren't barriers that keep others out – they're the foundation that allows your authentic self to thrive. When we set clear limits on what we will and won't accept, we create the conditions for genuine joy to flourish.



Identify Your Non-Negotiables

What values, needs, or practices are essential to your wellbeing? These become the basis for your strongest boundaries.



Communicate Clearly

Express your boundaries with confidence and without apology. Clear communication prevents misunderstandings and reinforces respect.



Maintain Consistency

The most effective boundaries are those you uphold consistently. When you honor your own limits, others learn to respect them too.

Today's Prompt: What boundary are you ready to hold firmer?

Micro-Shift: Name a boundary (personal or professional) you'll hold this week and communicate it clearly.

Reflective Question: What has trying to be everything to everyone cost me?

Permission Slip: Protecting my peace is part of my purpose.



Day 6: Receive Without Deflecting

As high-achieving women, we're often quick to dismiss compliments, redirect praise, or minimize our accomplishments. But learning to receive recognition gracefully is an act of self-respect and an acknowledgment of your true value.

The way we receive is a reflection of what we believe we deserve.

The Challenge of Receiving Praise

When we deflect praise, we unintentionally send a message that we don't deserve it. Breaking this pattern allows positive feedback to truly land.

Today's Practice

Prompt: How do you usually respond to compliments?

Micro-Shift: The next time someone praises your work, say "Thank you" and let it land.

Breaking the Deflection Pattern

Take three deep breaths when receiving praise. Feel the acknowledgment in your body before responding with a simple "Thank you. I appreciate that."

Your Reflection

Reflective Question: Why do I feel the need to shrink my shine?


Permission Slip: *I can receive goodness without guilt.*



Day 7: Define Your Joy Blueprint

You've spent the past six days examining patterns, setting boundaries, and making micro-shifts toward joy. Now it's time to create a sustainable vision for living and leading with joy at the center – not as a distant goal, but as your daily practice.

<div>Visualize Joy</div> <div>Take time to imagine what a truly joyful day looks like for you. What activities, people, environments, and work bring you alive? Be specific and detailed in your vision.</div>	<div>Create Space</div> <div>Schedule joy as a non-negotiable part of your calendar. Even 15 minutes of intentional joy-building can shift your entire day's energy.</div>	<div>Practice Regularly</div> <div>Joy is a muscle that strengthens with use. Commit to regular practices that nourish your spirit and remind you of your wholeness beyond achievement.</div>	<div>Evolve & Adjust</div> <div>Your joy blueprint isn't fixed. Allow it to evolve as you grow, noticing what brings you joy in different seasons of your life and leadership.</div>



Today's Prompt: What does a joyful day look like for you?

Micro-Shift: Plan one hour this week doing something that nourishes you—not for productivity, just for joy.


Reflective Question: What would it look like to live from joy every day?

Permission Slip: Joy is not a reward. It is my birthright.

Your Joy Tracker


Tracking your joy journey helps cement these new patterns and celebrate your progress. Use this space to document your daily wins and observations as you implement the micro-shifts from each day.

Day	Joyful Moment	Boundary Held	Win of the Day
1			
2			
3			
4			
5			
6			
7			



Reflection Tip

Even small moments count! Did you say no to something draining? Did you speak up in a meeting? Did you take five minutes to breathe? These are all wins worth celebrating.



Make It A Habit

Consider continuing this tracker beyond the 7-day program. Noticing patterns of joy helps reinforce what truly matters to you.



Capture The Feeling

Take photos or save mementos from especially joyful moments to revisit when you need a reminder of what fills your cup.



Final Words

Joy Is Your Birthright

Joy isn't a luxury, sis. It's your life force. You don't have to wait until vacation or retirement to feel good. You can feel it now. One no, one boundary, one joyful moment at a time.

You deserve this. All of it.

Now go lead like joy is your birthright—because it is.

Embracing Imperfection

Remember that this journey isn't about perfection. There will be days when old patterns resurface or when external pressures feel overwhelming. That's when these practices become most important. Return to them again and again, knowing that each time you choose joy, you're reclaiming a piece of yourself.

Your Revolutionary Impact



Your joy is contagious. As you embark on this journey of reclaiming your energy and authentic leadership, you create permission for others to do the same. Your commitment to joy isn't selfish—it's revolutionary.

Continuing Your Journey

Continue to check in with yourself, adjust as needed, and remember that you are worthy of a life and leadership style that feels genuinely good.

