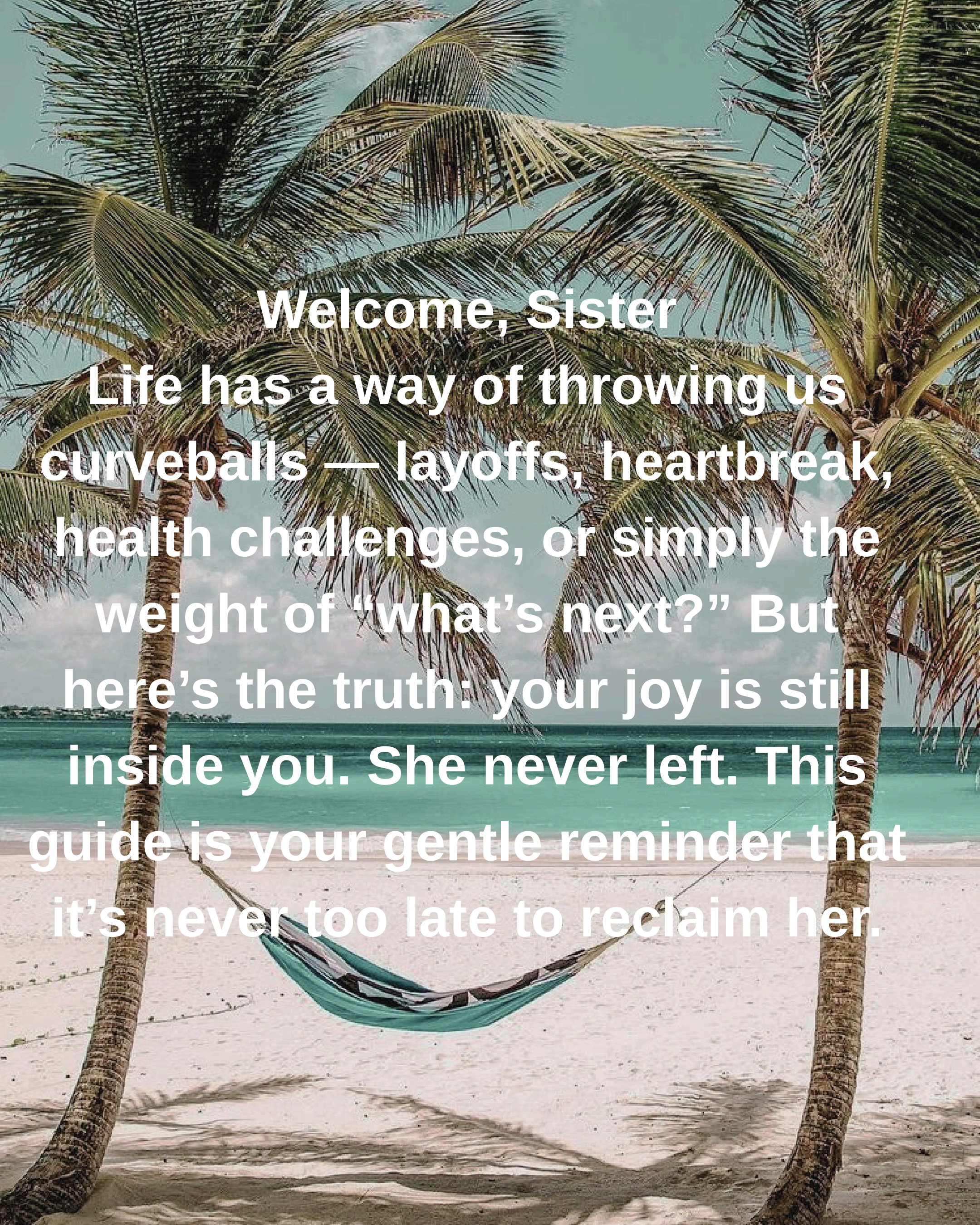




5 Steps

TO RECLAIM YOUR JOY

By Mary Thomas
Reclaim Adventures
Ageless Adventures Starts Here

A tropical beach scene with palm trees and a hammock. The image shows a sandy beach with two palm trees in the foreground. A hammock is strung between the trunks of the palm trees. In the background, there is a clear blue sky and a calm turquoise ocean. The overall atmosphere is peaceful and serene.

Welcome, Sister

Life has a way of throwing us curveballs — layoffs, heartbreak, health challenges, or simply the weight of “what’s next?” But here’s the truth: your joy is still inside you. She never left. This guide is your gentle reminder that it’s never too late to reclaim her.

Step 1: Pause & Reflect



Joy begins in the stillness. Give yourself five minutes each morning to breathe, pray, or jot down one thing you're grateful for.

Reflection is how you clear the clutter of yesterday and open your heart to today.

✨ Affirmation: I choose peace and welcome joy into my day.

📖 Scripture: "Be still, and know that I am God." – Psalm 46:10



Step 2: Release What No Longer Serves You

Sometimes joy hides beneath the weight we carry — guilt, clutter, toxic relationships. You don't have to drag those into your next season. Let go with love, and make room for the new.

✨ **Affirmation: I release what no longer serves me and make space for healing.**

📖 **Scripture: “Let us throw off everything that hinders.”**
Hebrews 12:1

Step 3: Reignite Curiosity



Joy often returns when you give yourself permission to play. Take a cooking class, plan a mini trip, or explore a new café. Curiosity makes you feel alive again — no matter your age.

✨ Affirmation: I am open to new adventures that light me up.

📖 Scripture: “I came that they may have life, and have it abundantly.”
John 10:10

Step 4: Reconnect with Community



We were never meant to walk this journey alone. Joy multiplies when it's shared. Reach out to an old friend, join a supportive group, or surround yourself with women who see you.

✨ **Affirmation: I am worthy of connection and belonging.**

📖 **Scripture: "Therefore encourage one another and build each other up."
1 Thessalonians 5:11**

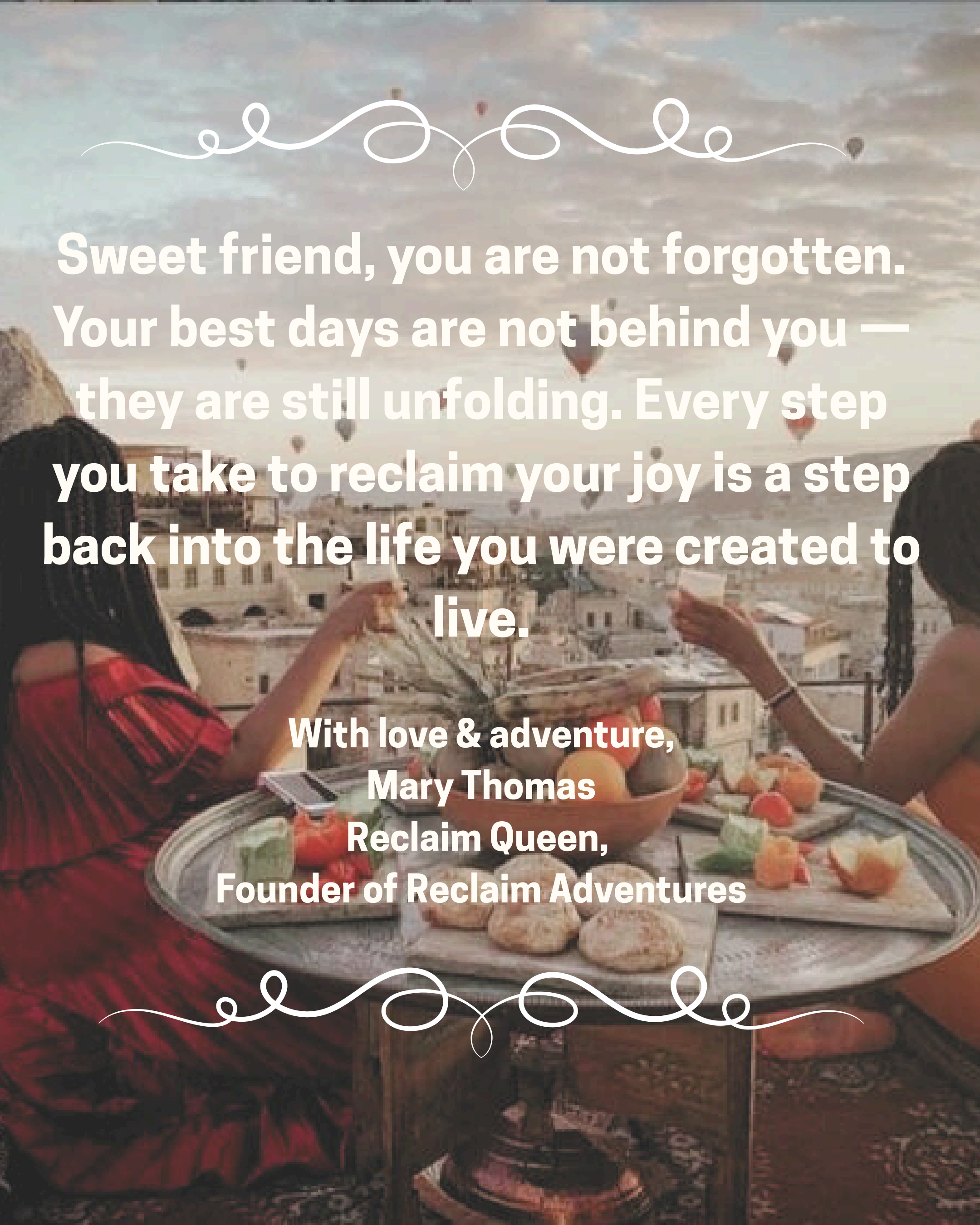
Step 5: Reclaim Adventure



Your joy is waiting in the experiences you say “yes” to — whether it’s a weekend getaway, a retreat, or simply watching a sunset. Adventure doesn’t have to be big to be meaningful. Every “yes” is a reclaiming of your joy.

✨ Affirmation: I boldly step into new experiences with joy in my heart.

📖 Scripture: “Arise, shine, for your light has come” Isaiah 60:1

A woman with long dark hair, wearing a vibrant red dress, is seated at a wooden table. The table is laden with various dishes, including a bowl of fruit, a plate of bread, and some vegetables. She is holding a small white card or piece of paper. In the background, a cityscape is visible under a sky filled with numerous hot air balloons. The overall scene suggests a moment of reflection or a special occasion.

**Sweet friend, you are not forgotten.
Your best days are not behind you —
they are still unfolding. Every step
you take to reclaim your joy is a step
back into the life you were created to
live.**

**With love & adventure,
Mary Thomas
Reclaim Queen,
Founder of Reclaim Adventures**



Want to go deeper? Let's reclaim joy
together through travels, community, and
faith-filled experiences.



Book a free consultation here
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