



THE JOY RENAISSANCE

Getting Ready
Guide

Welcome, beautiful soul!

You've already taken the most powerful step — saying yes to yourself. The moment you enrolled in The Joy Renaissance, your transformation began.

Over the next few weeks, we'll move together through calm, clarity, and joy.

But before we begin, I want you to take a moment to prepare — not with pressure, but with presence.

This guide will help you create the mental, emotional, and physical space to receive everything that's coming.

Setting Your Intention

Every meaningful journey starts with a clear intention. Take a deep breath, exhale fully, and ask yourself: “What do I most want to feel when this journey ends?” Write your answer below. Don’t overthink it — let your intuition speak.

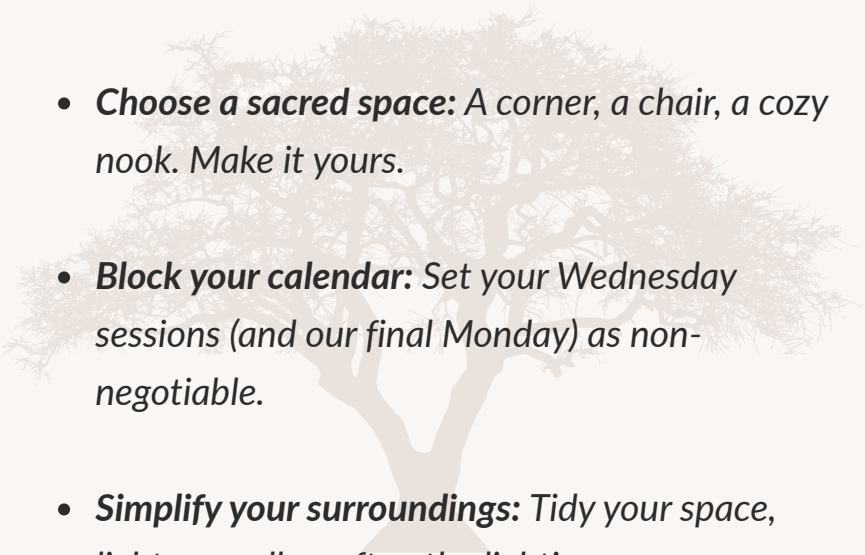
Intention:

A faint, stylized illustration of a tree with a thick trunk and many thin branches, set against a background of horizontal lines. The tree is positioned in the upper center of the page, with its trunk and lower branches visible. The branches spread out towards the top and sides, with many small, thin leaves or needles. The background consists of a series of horizontal lines, some of which are solid and others of which are dashed, creating a pattern that resembles a stylized forest or a series of steps. The overall color scheme is light, with the tree and lines in a pale, muted green or greyish-blue.

Creating Space

Joy requires space — in your calendar, your environment, and your energy.

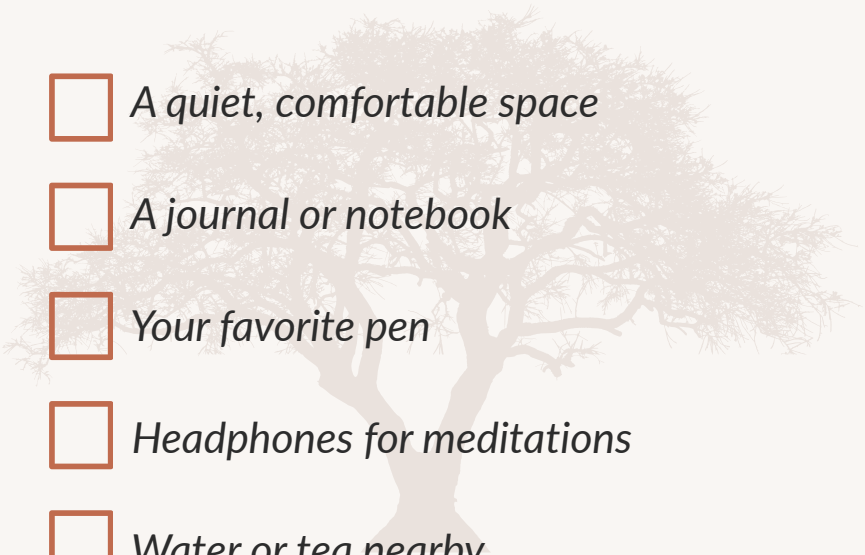
Here's how to start clearing it now:

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- **Choose a sacred space:** A corner, a chair, a cozy nook. Make it yours.
 - **Block your calendar:** Set your Wednesday sessions (and our final Monday) as non-negotiable.
 - **Simplify your surroundings:** Tidy your space, light a candle, soften the lighting.
 - **Protect your peace:** Silence notifications during our sessions.
 - **Ground before we begin:** 3 slow breaths, feet on the floor, hand on heart.

What You'll Need

Keep it simple — this isn't about perfection, it's about presence.

Here's your short checklist:

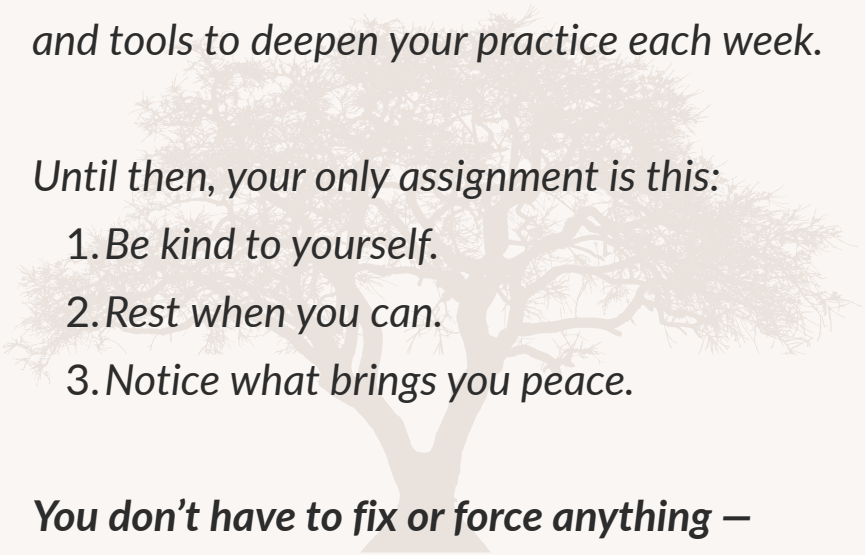
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- ☐ *A quiet, comfortable space*
 - ☐ *A journal or notebook*
 - ☐ *Your favorite pen*
 - ☐ *Headphones for meditations*
 - ☐ *Water or tea nearby*
 - ☐ *An open heart*

Before We Begin

*Your full **Joy Renaissance Workbook** will arrive the week before we begin.*

Inside, you'll find reflections, affirmations, and tools to deepen your practice each week.

Until then, your only assignment is this:

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- 1. Be kind to yourself.*
 - 2. Rest when you can.*
 - 3. Notice what brings you peace.*

You don't have to fix or force anything — you're already on your way.

This journey isn't about becoming someone new — it's about remembering who you've always been beneath the stress, the worry, and the noise.

You are whole.

You are worthy.

You are ready.

I will see you soon!

With love & light,

Sharifa