



the HAPPINESS clinic

BADASS BASICS

by Dr. JOYLYN Sparkles

W E L C O M E

Hi There!

Thank you for being a badass. You have made a very powerful decision here and I'm happy to be part of your transformation from stuck to happy AF.

I'm so happy you are here. And it's my goal that in every interaction and bit of content that I share with you that you are able to access and enjoy more and more of YOU—that you get both the tools and tips on how to apply them, so that you can "lather, rinse, and repeat" in any situation or area of your life ...to bring more YOU, more badassery, more flow and ease.

Please be open. You will likely hear things explained in a different way than you've heard before. You may hear words and phrases that you don't like and you may be tempted to react + resist; but instead, please listen. Be open and willing to learn—for yourself...not because of or for someone else. This course is available for YOU and you are here!

...So lean in. Nerd out. Stretch. Allow yourself to be uncomfortable. Allow the process to be easier, faster, more fun than you thought.

You can be confident and happy AF. Let me show you how.

Dr. Joylyn Sparkles

YOUR COACH

Hi there, I'm Dr. JOYLYN Sparkles, creatrix of the HAPPINESS clinic. I work with star seeds/ empaths/perfectionists/over-achievers to get unstuck, stop emotional reactivity, end emotional addiction, and be confident and happy.

I am fierce and unwavering in my belief in your inherent value and ability to be #happyAF. I'm here for you.



MODULE 1: GET READY

Here are some of the highlights from module 1.



You can begin anywhere and get where you'd like, as someone you'd like. What comes first is getting out of judgment for not being there, him/her yet. Here is some of what gets in the way:

- 1** Unclear idea of what happiness and confidence actually is, and what it is/means for you, specifically.
- 2** "Programming," modeling and being rewarded + reinforced to seek agreement and validation from someone *else*.
- 3** Trauma. Trauma changes brain physiology and how we remember and process information. It also creates a pattern of chronic stress that can become a physical habituation and what feels "normal."
- 4** Other programs and approaches are not trauma informed and do not include the body; and they focus on the problem (the past).

Other notes:

FIXING THE PROBLEM DOESN'T WORK!

Trying to fix a problem makes us fixated on a problem, and then it becomes a fixture in your life—something that you relate to people about, or even identify with or as.

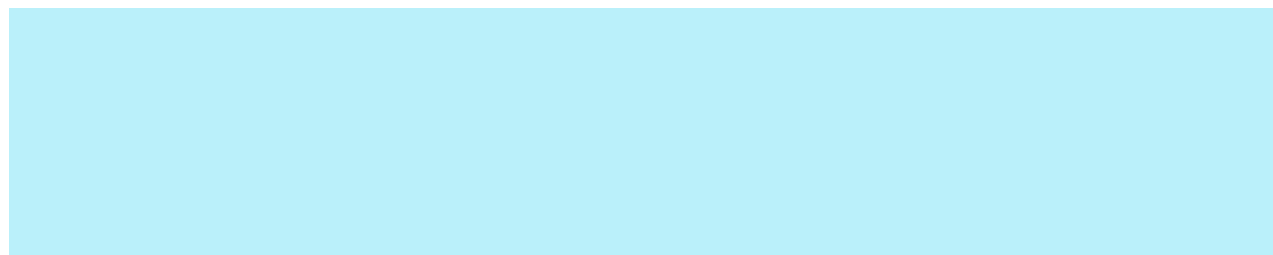
And all the while the real problem of limiting beliefs, trauma and early childhood programming stay intact, subconsciously sabotaging our success and happiness.

So change the approach.

Here's what to do instead:

1. Get rid of judgment and fixing mode
2. Get an idea of what you really want, what lights you up, what you'd like more of in your life.
3. "Upskill," learn emotional handling tools to broaden the "emotional bandwidth" and have more joy before our subconscious gets signaled to protect us from threat.
4. Choose a direction/target. Give the subconscious somewhere to go, something else to focus on.
5. Challenge your current thinking. You got bad information about how to gauge success and failure and likely an ingrained habit of negative thinking.

Other notes:



MODULE 2: GET SET

Here are some of the highlights from module 2.



The Future Forward Focus™ prioritizes and energizes possibilities instead of problems. Here are some of the key points:

- 1** What we pay attention to, we energize. So pay attention to what you pay attention to—what are you energizing (problems or possibilities)?
- 2** Get curious about who you'd like to be—the big question I ask is: How would you like to show up in your life?
- 3** If you can imagine it, it is possible. The work will be releasing what is in the way and learning some new tools and skills.
- 4** When you think of your future and how you are going to feel in that future, you change your chemistry. Start to think thoughts and *feel* what it's like to have/be success...create those chemicals + recondition your body and change your brain wave patterns.

Other notes:

PUT YOUR FUTURE FORWARD

How would you like to show up in your life?

What brings you joy? What lights you up?

What would you like to have MORE of in your life?

What are feelings that come up with that? What does that feel in your body?

peace, calm, joy, ease, relaxation, confidence, clarity...

MODULE 3: GO

Here are some of the highlights from module 3.



Some pearls of wisdom from Dr. JOYLYN Sparkles...because you got a lot of inaccurate information and it can be hard to tell if you are succeeding or not when you're doing something new.

1 Any area of your life where you feel stuck (lost, powerless, defeated, trapped, walking on eggshells, etc...) needs more YOU. It is a call for more love.

2 It (more often than not) gets worse before it gets better. It's not actually getting worse, it just seems that way because your awareness is expanding. You are seeing what was once hidden.

3 It's coming up to go. Old bullshit is no longer congruent with who you are becoming, so it has to GO. Let it go.

MODULE 3: GO

...pearls of wisdom from Dr. JOYLYN Sparkles, continued...

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Resistance slows the process and amplifiers the pain.

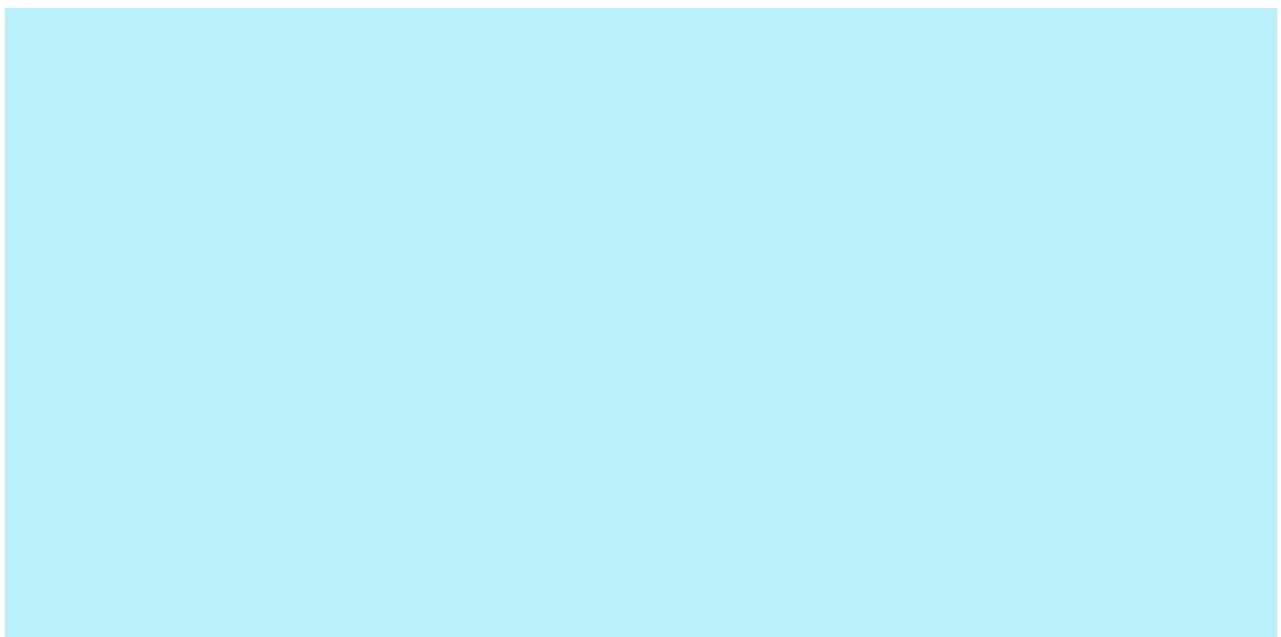
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We learn fastest through play.

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Love is the WHY and the HOW. The why is the fuel that's going to help keep you going when the going gets rough. It's also the how.

Other notes:





WANNA LEARN MORE?



Let's see about working together to get more YOU in your life.
Click on the button below to explore some options.

BOOK A CALL FOR CLARITY