

# Amanda Gore's School of JOY!



# AMANDA GORE'S JOY SCHOOL!

## Wake up....to what *REALLY* matters

Creating the work life you want with what you learned from Amanda Gore's JOY School!

It takes between 66 and 250 days of daily practice to create a new behavioral habit

**EMAIL 1:** Farc-ing, Learning and Joy

**EMAIL 2:** Gratitude Month

**EMAIL 3:** Customer Care Month

**EMAIL 4:** Mind your communication month!

**EMAIL 5:** Perceptions Month

**EMAIL 6:** Make them feel special - TA DA - Month

**EMAIL 7:** Connection Month

**EMAIL 8:** Celebration Month

**EMAIL 9:** Building Belief Month

**EMAIL 10:** Encouragement Month

**EMAIL 11:** Spirit Igniter Month

**EMAIL 12:** Education Month

**EMAIL 13:** Energy & Vitality Month

**EMAIL 14:** Emotional Intelligence Month

**EMAIL 15:** Feelings Month

**EMAIL 16:** Epigenetics Month

**EMAIL 17:** Positive Psychology Month

**EMAIL 18:** Sparkly Bits Month

**EMAIL 19:** Words Matter Month

**EMAIL 20:** F-Heart Month

**EMAIL 21:** FOOMF Month

**EMAIL 22:** The Joy Project Month

**EMAIL 23:** A Leaders Job Month

**EMAIL 24:** The Most Important Thing in Life

**EMAIL 25:** The Three Biggest Fears

## First email to send out!

Ok here you go – everything is laid out, so it is up to you to schedule an email or message that goes out monthly with the following 'chunks' of information - you can mix and match as you feel suits your organization. Each is written on a separate page so it's easy for you.

### EMAIL 1: FARC-ing, LEARNING AND JOY

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Introduction to the Monthly Program

#### Welcome to Amanda Gore's JOY School: Month 1

Hello All,

We are going to embark on Amanda Gore's JOY School monthly program which is a follow up to her recent presentation:

In the spirit of FARC-ing, we are committed to helping everyone grow and develop and be the best they can be.

So each month I will be sending out your 'tasks for the month' for you to practice what you learned from Amanda's session!

**Remember that FARC is the scientific method for change! And it stood for**

- **FOCUS**
- **ATTENTION AND AWARENESS**
- **REPETITION**
- **CELEBRATION**

We all need to keep learning and the best way to re-wire the brain (from neuroscience) is to FARC - to focus on what you are doing, where you are and once you have done that - focus on where you want to go!

**Focus** on the new behaviours that you want – and the ones you want to change.

Be **Aware** of your old behaviours, and catch yourself every time you do them - then stop and substitute them with your preferred new behaviour. Pay **attention** to the fears driving your old patterns and habits and work out how to change them!

**Remember, we are all living a life of patterns and habits ruled unconsciously by fear.**

**Repeat** the new behaviours - remember how hard it was to learn to drive a car and how you do it now completely unconsciously? Repetition makes the new behaviour automatic - it creates new habits! It takes 3 months to replace every cell in the body and so 3 months to create new habits!

Then **Celebrate!** The brain loves to celebrate - not necessarily with alcohol but with some joyful activity!! Do a joy jig!

### **REMEMBER – YOUR BRAIN LOVES CHANGE**

Change makes your prefrontal cortex work and stimulates the brain in ways it loves.

Alvin Toffler said intelligence in the future will not be measured by the ability to read and write. It will be measured by the ability to **learn, unlearn and relearn.**

Change is a great way to learn, unlearn and relearn – so if Toffler is right, (and I think he is!), then change makes you smarter!!

### **WHY JOY MATTERS**

**Joy precedes success;** increases creativity, productivity and performance; and reduces stress! According to Shawn Achor, author of *The Happiness Advantage*, who studied the subject at Harvard Business School: *“Data abounds ... that happy workers have higher levels of productivity, produce higher sales, perform better in leadership positions and receive higher performance ratings and higher pay ... enjoy more job security and are less likely to take sick days, to quit or to become burned out.”*

When we are joyful or doing silly things, we release **dendrites** - which are the things that connect neuron to neuron. The more dendrites, the more neurons connect, the smarter and more capable we are!

In a joyful workplace people are not ruled or affected by fear.

Fear and stress blocks all the things joy improves!

It paralyses people and stops them performing, trusting or being authentic. It stops people believing in themselves.

## Our Beliefs

### **Belief in our own ability is a better predictor of success than our actual skill levels!**

Work on helping your team and others around you believe in themselves – and most importantly, believe in yourself!

If you don't, then do something to develop yourself and increase your knowledge so you DO believe in yourself!

**YOUR MISSION** - should you choose to accept it - is to create joy spots in your workplace (and at home!). Wherever you go - make it a joy spot! Become known as the joy spot company! LOL

Or joy spot division or office or store!

Or just become known as the joy spot person!!

Visit [www.amandagore.com](http://www.amandagore.com) for more ideas and information on how to create Joy Spots.

Watch Amanda speak about change and FARC here - [http://www.youtube.com/watch?v=\\_g9lu8ByU50&feature=plcp](http://www.youtube.com/watch?v=_g9lu8ByU50&feature=plcp)

**Make a copy of the handout - which is attached - so you can put it on your wall to remind you of your new way of being! Joy – filled and fear – less!**

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Fear Matrix

# WAKE UP: WHERE ARE YOU?

Joy Matrix



## ERADICATE FEAR. I AM HERE. To choose Joy.

Focus on how you want to feel  
Awareness of where you are now  
Repeatedly act out your chosen pillar of joy  
Celebrate the results!

The pillars of Joy  
Which one do I need right now?

- 1: gratitude 
- 2: compassion 
- 3: love 
- 4: hope 
- 5: forgiveness 
- 6: cheerful enthusiasm 
- 7: laughter 
- 8: listening 
- 9: generosity 
- 10: energy and vitality 
- 11: reverence 
- 12: equanimity 

[www.amandagore.com](http://www.amandagore.com) [www.thejoyproject.com](http://www.thejoyproject.com)

[amanda@amandagore.com](mailto:amanda@amandagore.com)

## EMAIL 2: Gratitude Month

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Gratitude Month

### Welcome to Amanda Gores JOY School: Month 2

Hi All,

I hope you are excited about your first monthly email!

I am really interested to hear what you experience, feel and think – this is the first time I have embarked on a program like this so would value your feedback([amanda@amandagore.com](mailto:amanda@amandagore.com)).

Lets get into it and remember to PRINT out each email and stick in a visible place so you can practice!!!

### Wear your gratitude glasses(GG's) - all the time!

Gratitude glasses are formed by making a circle with your thumb and first finger - and put them over your eyes! (or you can buy a series of silly glasses that work as well – but your hands are always with you!)

Keep them on all the time. Seeing the world and everything that happens through gratitude glasses transforms everything!

If you can view all parts of your life with **genuine, heartfelt gratitude**, you'll be amazed at what happens!

People will have personality transplants!

Miserable jobs will become enjoyable!

You will find joy! Gratitude is the foundation for joy.

Go for it - keep your gratitude glasses on all the time!

One of the keys to feeling happy, joyful and contented with life and work is to be constantly grateful.

Find things at work for which you are grateful.

Keep a gratitude journal – and write in it each night before you sleep; Actively look in every situation for aspects that will elicit gratitude.

Be grateful to your employer for giving you a job – if you don't like your job –

remember there are thousands out there who would be thrilled to have it!

So do something to adjust your attitude or go somewhere else!

No point in being a Wally just because you don't like what you do!

Why not challenge yourself to be the person who does this job in the BEST way ever – stand out no matter how limited the job is by being brilliant at it and being a joy spreader!

**Family:** it is critical to instill a sense of genuine, heartfelt gratitude in children. Ask them at dinner each night to tell you something for which they are grateful. HAVE EVERYONE TAKE TURNS AT WEARING THE GG'S!

Before you sleep at night, search through your day to find something for which to be grateful. And focus on that before you sleep, instead of the worries that fill your head and destroy the peace in your heart!

Be grateful for your partner and their good points – you focused on those in the early days of your relationship!

There are many things for which you can be grateful – try to get everyone at work developing an attitude of gratitude as Keith Harrall says! Be a gratitude carrier!

### **Forgiveness**

"Unforgiveness is like drinking poison yourself and waiting for the other person to die". Source unknown.

We *must* get rid of anger and hostility, which are the number one predictors of heart attack. And the way to eliminate anger is to forgive.

Forgiving means for-giving – for us to forgive someone we need to give them love.

How many situations at work have left you bitter, twisted and angry?!

No one else is being harmed other than you if you carry that anger.

You are not only making yourself ill, but you are most likely destroying your chances of promotion as it will dramatically affect your performance and attitude at work.

Examine your heart and decide whom you must forgive and then make a decision to do so – you may not necessarily feel differently about them, but you will at least have stopped the destruction of your heart!



Be wary of blaming others – an easy thing to do at work – **take responsibility for your actions**, do the right thing and behave professionally instead of becoming angry with others!

I just read a great piece – when you blame others – or point the finger at others, there are of course 3 fingers pointing back at you – BUT there is also a thumb pointing upwards and that is pointing to the one who make us more aware that ours is not to judge – but to take responsibility for ourselves – and hand the rest over to God (or whatever your beliefs are in!).

**Family:** It is absolutely essential that we forgive our family members who often have much more opportunity to hurt us. Make amends with someone from whom you have distanced yourself, or choose to forgive a parent or sibling and reconnect with them – it may be something you regret all your life if you don't.

**Watch Amanda here on Gratitude:**

<http://www.youtube.com/watch?v=CHcP7JOimFA>

**GOOD LUCK!**



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**<END EMAIL TWO, NEXT EMAIL ON NEXT PAGE>**

### EMAIL 3: CUSTOMER CARE MONTH

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Customer Month

#### Welcome to Amanda Gores JOY School: Month 3

Hi there,

How did you go with last month's tasks – I hope you still have your Gratitude Glasses on?

This month we are focusing on our customers!

Remember to print out this email and pop it up somewhere so you FARC!

#### **Who are your customers?**

We all have customers!

Even if we are not in an official sales role. Everyone with whom you interact is a 'customer'.

Your colleagues, your counterparts in other departments, anyone else in the company, external partners to the company – and then all external actual customers!

So think about caring for your customer in different ways from today onwards!

A global, multi billion dollar company based in the USA is very successful and has merged many cultures from around the world.

At Barry Wehmiller, they excel because they believe and live this wonderful philosophy: **“we are developing great people to do extraordinary things.”**

No matter what the company manufactures, creates or sells – this is what they do!

And everyone consequently works according to that belief. So they all perceive each other as customers and believe they work with great people and try to help each other to do exceptional things!

#### **Become a partner to your customers**

**Sit next** to your customer no matter who your customer is!

Sitting opposite your customer is **not** the best way to connect with them!

It may be challenging but see if you can somehow sit next to them or at least near their sides! Sit at 90 degrees if you can – move your chair or create a space with a small table so that you are either at 180 degrees or 90 degrees to them.

When you do that, you non verbally send a message that **together we are working on your needs/ issue/problem**. Instead of them being separated from you by a large bench or desk or table!

And do you do your work in the spirit of “helping each other do extraordinary things?”; or satisfying your customers needs or the spirit of selling to make your targets? It makes a HUGE difference!

**Remember – everything always depends on the way in which things are done – not so much what one does but the spirit in which one does it!**

**Check your spirit.**

Every day.

Every minute.

Always think – *we are developing great people to do extraordinary things* - of everyone you meet! **With your family especially!**

**See Amanda Talk about these things on her [youtube channel](#).**

We hope you enjoy this month!



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**<END EMAIL THREE, NEXT EMAIL ON NEXT PAGE>**

## EMAIL 4: MIND YOUR COMMUNICATION MONTH

We hope you mastering these new skills now and can see a difference in your workplace! Remember it takes 30 days of daily practice to create a new behavioral habit – so you have developed a few already!

Please remember to let us know how you are going!

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Mind your communication month!

### Welcome to Amanda Gores JOY School: Month 4

Hi Everyone,

Hope you are focusing on the best things that have happened to you!

I really love this month, you will be amazed at the responses you get!

### What's the best thing that happened to you today?

Greet everyone in this way - watch their faces light up!

Begin your **staff meetings** with asking everyone to answer the question "what's the best thing that happened to you since we last met" - it will transform the group dynamics!

Create a ritual where everyone has to answer this question *before* the meeting starts – you will be amazed at how much better the meetings flow and at the improvement in creativity and ideas.

Leave it as a **message on your voice mail!** "Hi - I can't take your call right now but if you tell me the best thing that's happened to you all day - I'll call you back!"

Ask your colleagues this daily, as well as your clients, customers and family.

If you do this consistently, they will look forward to seeing you, as for some reason they don't understand they like being around you and feel good when they are.

Remember this is a very sophisticated way to change a persons physiology as they release 'happy' drugs when they recall something pleasant!

The field of positive psychology proves that a ratio of 3:1 positive comments or experiences or feelings a day to negative transforms workplaces and people!

If you are scoring an average of 3:1 positive: negative in your workday, you will flourish!

At home, the science shows us it is 5:1!! So there is your challenge for the month at home as well!

Every time you greet a person with “what's the best thing....” You will be giving them one positive! Every time they greet you with it, YOU will have a positive experience.

Remember – three to one – positive to negative – go for it!

**Watch Amanda here ask “What’s the best thing that happened to you today” - <http://www.youtube.com/watch?v=na3HwAD LIY>**



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**<END EMAIL FOUR, NEXT EMAIL ON NEXT PAGE>**

## EMAIL 5: PERCEPTIONS MONTH

We hope you have the hang of these now and can see a difference in your workplace – and home.

Please remember to let us know how you are going!

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Perceptions Month!

### Welcome to Amanda Gores JOY School: Month 5

Hi There,

What's the best thing that has happened to you since last month?

This is an incredibly important month – the ideas in it and new ways of thinking will change your life!

### Epigenetics and The stories you tell yourself

We don't see reality - **we perceive and judge** - and then create our own reality!

**We literally create our world.** By how we perceive what goes on around us; and by what we focus on.

Think about the witnesses in a court case. There are so many different versions or stories of what happened and each person believes that what they are saying is the truth! *And for them it is* – it is truly what they perceived and believe and yet they are all DIFFERENT versions!

**From our perceptions, we create beliefs which become stories** (which reinforce our beliefs) that we believe are reality, the truth and these create our world!

**It isn't really reality or the truth but we believe it to be.**

**The stories we tell ourselves about ourselves, and others, determine our behaviours, personalities and basically, our lives!**

Become aware of the stories you tell you self - and change them if they are not beneficial or making you happy!

You don't have to be shy - you weren't born like that!

What stories do you tell yourself about others?

It will transform your relationship with them if you change what you tell yourself about them.

Think of what you tell yourself about your best friend; and compare it with what you say about your boss or colleagues! Or partner!

You have the capacity to change! If you FARC!

### **We Create what we Focus on!**

What you focus on, you create!

Do you focus on good things?

Do you focus on the best in people and their strengths.... or their failings and the things that annoy you?!

If you focus on the things that upset you, they will grow and be bigger and MUCH more upsetting!

Make the decision to focus only on the good in others around you – especially the ones you have the most trouble with.

Do you realize that everything that annoys you about another person is also in you?! They are 'mirror's to help you see what is in you and give YOU a chance to change!

When you no longer have that capacity for the 'irritating' trait, you won't even notice it!

### **Be A Good Finder**

Might as well choose to focus on anything good - be a good finder – **ACTIVELY LOOK FOR the good in whatever happens to you!** And then focus on it and keep your focus on the good things.

Find the good in everyone you meet or interact with – or even see on the street – it's a great weapon against judging others.

Repeat 'Every day is a good day. Every thing is a good thing. Every place is a good place' – my Qi Gong master taught me that and it's great advice to keep you calm and relaxed and joyful.

Have a great month! Remember to print out this email!

What stories are you telling yourself - watch Amanda here - <http://www.youtube.com/watch?v=SdIIID25uu2s>



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**<END EMAIL FIVE, NEXT EMAIL ON NEXT PAGE>**



## **EMAIL 6: Make them feel special - TA DA - Month**

Have you noticed any changes this month in your work or at home? Please let us know if you have!

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Make them feel special month!

### **Welcome to Amanda Gores JOY School: Month 6**

Hello there!

Zooties!

This is a great *feel good* month!!

### **TA DA!**

The number one thing people want in life is recognition and acknowledgement. **They want to be recognized for the SPECIFIC contribution they have made.**

A fabulous way to acknowledge and recognise others is to say to them – especially in front of others - 'I think that deserves a TA DA!'

When we recognise someone in front of others – it increases the impact of the recognition.

**Mini TA DA's** are to be encouraged throughout the company – watch motivation levels rise dramatically as more and more people adopt the idea.

Plan a TA DA award program – so that each month, employees can submit their colleagues names for a TA DA award and at the end of the month have a drawing for some small prize.

Then put all those names into an end of year draw for a much bigger award/prize!

This builds a TA DA culture that fosters enthusiasm and generates excitement – and gives people what they crave.

*If you fail to see someone's silent TA DA's it is the quickest way to de-motivate them and destroy their satisfaction with and at work.*

### **Give them the THUMBS UP Sign!**

Remember The Wiggles – the Aussie guys that toddlers love? They give children wonderful recognition when they give them the thumbs up sign!

Remember to do that with people at work, with your families and with customers!  
Everyone loves to be recognized in this way.

It's simple, cheap and effective! Do it often!

### **Make their eyes sparkle!**

This is the best customer service improvement you will ever experience!

The way to make yourself a great leader, sales person or customer service representative!

People who are engaged in what they are doing have sparkle in their eyes!

Reminding people to make the eyes of everyone they meet sparkle helps them to do whatever is necessary to make their colleagues, customers or clients happy – it sounds very simple but it's really powerful!

If your heart is authentic and you are sincerely trying to make a clients, or customers' eyes sparkle – you probably will.

And it will mean they are excited, enthusiastic or motivated – about you and your products.

It also makes for excellent teamwork – if you are intent on making your colleagues eyes sparkle and vice versa – conflicts dissolve and fun and joy reign!

Hope you enjoy making people feel special this month! Watch Amanda here discuss the above - [http://www.youtube.com/watch?v=v6U\\_uiPiAys](http://www.youtube.com/watch?v=v6U_uiPiAys)



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**<END EMAIL SIX, NEXT EMAIL ON NEXT PAGE>**

## **EMAIL 7: Connection Month**

Remember to email us at [magic@amandagore.com](mailto:magic@amandagore.com) and tell us what changes you are noticing at work – and home!

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Connection Month

### **Welcome to Amanda Gores JOY School: Month 7**

G'day!

Did you enjoy last month? Have you TADA'd anyone today?

This is a really important month, I hope you learn a lot from it!!

### **Fear awareness and eradication!**

Fear is public enemy number one!

It's the new F word!

And the typical and most common fears are humiliation, separation, poverty, uncertainty, and FOMO! (Fear of missing out!)

The good news is that NO ONE ELSE IS THINKING ABOUT YOU!!

I promise! They are too busy worrying about what YOU are thinking about them to think about you! LOL

Just be yourself and forget about what others are thinking!

Humiliation is the fear at the base of embarrassment – so stop wasting time being embarrassed and laugh at yourself and with others!

Remember FOWOT? Fear of what others think?

If you are too worried about that others will see you as stupid or silly, then you might like to investigate how much you judge yourself! Be more patient and kinder to yourself!

Humility is such a noble quality and necessary for great leadership – and yet humiliation from the same root and has such different meaning.

I love this quote by Dr Donald Klein "The truly humble person cannot be humiliated."  
It says it all!

**Separation** is a huge deep fear for most of us - we crave connection.

Connection with something bigger than us, and connection to ourselves!

Babies die without touch and connection. That's how fundamental touch and connection is for us – both physical and the 'touching' of love. Or care.

Think about how you interact at work - make a close team - it's good for your health and your soul! Help each other. Build each other up.

**Most of us live lives of habits and patterns ruled unconsciously by fear!**

Fear - is false evidence appearing real - and controls most of our behaviours!

Become aware of when fear is controlling you and say to your Amygdala - **THANK YOU AMMY - BUT NOT NOW!**

You need your Amygdala to terrify you with fear when you are in **real** physical danger - not when someone looks at you in a funny way!

Your AMMY is not interested in your success – it's only interested in your survival. And it can't tell the difference between a real. Physical threat and a story you are imagining to be true!

**Become aware of what fears are ruling your life this month and shine the light of consciousness on them – they will disappear most of the time; just like when you turn a light on in the dark – it's not scary any more!**

**Connect heart to heart – hold hands with others!**

This is another great relationship building idea, and excellent selling tool for anyone.

Those who are most successful at selling or building relationships that last, are those who come from their heart and connect with others hearts.

In essence this means you are really interested in their needs and desires and are doing your best to help them – this is the key to all sales and customer service.

If this is your genuine intention and spirit, others will pick it up immediately and building rapport with them will be easy.

Connecting heart to heart with colleagues builds a strong team that deals well with challenging situations, is supportive, a great environment for growth and one in which there is minimal friction.

We are all constantly connected to each other according to quantum physics.

And in the December 2001 special edition Harvard Business Review on leadership, emotional intelligence and *specifically the mood of the leader* had a huge impact on the rest of the team. It's not just leaders!

Our hearts are all connected and how you feel will affect others – so do something to create a better mood!

Dean Ornish, the great cardiologist says in Love and Survival, 'people who are disconnected from themselves and others, will die earlier of ALL causes.'

**Connect head and heart – hold your own hand!**

Having you head and heart connected is another way of talking about emotional intelligence – an essential quality for great leadership.

Remember the symbol of clasping your hands together and the next time you are in a conflict situation or difficult relationship moment, clasp your hands together to remind you to get out of your head.

Your head has the negative language and judgment about the other person - no matter how well you think you are hiding the fact that you are going to kill them they will be picking up from you non verbally!

And it's a reminder to center yourself in the **wisdom of your heart** – which will make you discerning and give you more creative ways to deal with the conflict or difficulty.

MAKING judgment is done in the head – USING judgment comes from the heart. **Wisdom, discernment and compassion come from the heart as well!** If you can eliminate making judgments, every workplace will be more harmonious.

Hope you have a great month!

Watch Amanda discuss the importance of being connected here - <http://www.youtube.com/watch?v=nqK2zAKxUro>



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Amanda

Sign up on her [BLOG](#) to follow her new ideas or become a follow on [Facebook](#)

**<END EMAIL SEVEN, NEXT EMAIL ON NEXT PAGE>**

## **EMAIL 8: Celebrate and Be JOY-ful Month**

Have you let us know how you are going – remember to email us at [magic@amandagore.com](mailto:magic@amandagore.com)

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Celebrate and Be JOYful Month

### **Welcome to Amanda Gores JOY School: Month 8**

Hi There,

Hope you are well? This is a fun month!!

#### **Be a walking 'joy spot'! Celebrate!**

Make your work a joy spot!

Make everywhere you go a joy spot by bringing joy with you!

Be a walking joy spot!

Put up signs saying 'joy spot here'!

Do all sorts of fun things and be creative - what can you do to bring joy to others and yourself? Remember – you are developing great people to do extra ordinary things!

#### **Celebrate! Do JOY jigs!**

Your brain loves to celebrate. So do a JOY jig!

Make it your own special JOY jig - share it with your friends so when they see you doing it, they rush over and want to know what good thing has happened!

Forget that people will think you look silly - who cares! It's an unnecessary fear and usually a sign you are judging yourself!

They will be jealous - that's all!

Teach everyone in your family to do JOY jigs and do them as often as possible!

Maybe you can do them at staff meeting as well - as a mark of celebration!

## Become the chief JOY fairy!

Every one wants to be happy! There is not enough laughter in the world any more – especially at work.

Most of us are taking ourselves way too seriously! Laughter at work is not only healing but it busts stress and boosts performance and work fulfillment.

There are no joy fairies sadly, who will flit around and bless your workplace with a blast of their magic wand to make the place fun filled!

So you need to be *your own joy fairy* and create a place in which you love to work.

Playful and fun workplaces have less absenteeism, more creativity and increased productivity – a paradox that is true.

Find ways to be JOY fairies – have plenty of wands 'in holsters' that can be whipped out at any anxious or tense moment – during conflict or difficulty to defuse the situation!

Although people might make fun of JOY fairies at work - they secretly envy them and really appreciate the JOY they bring to work!!

Wave your magic wand over each customer once they have signed up - or if they are trying to decide - and promise them you will give them magic!!

They love it! And usually want your wand! LOL. Send us your picture of you being the chief JOY fairy to [magic@amandagore.com](mailto:magic@amandagore.com) we would love to see them! Hope you have a fun filled month of celebration!

Watch why your brain loves to celebrate here -

[http://www.youtube.com/watch?v=9toSAnmtnFk&playnext=1&list=PL39A125F9B2BFC7DA&feature=results\\_video](http://www.youtube.com/watch?v=9toSAnmtnFk&playnext=1&list=PL39A125F9B2BFC7DA&feature=results_video)



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**<END EMAIL EIGHT, NEXT EMAIL ON NEXT PAGE>**

## **EMAIL 9: Building Belief Month**

How did everyone go last month, was there lots of celebrating? – remember to let us know how it went at [magic@amandagore.com](mailto:magic@amandagore.com)

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Building Belief Month

### **Welcome to Amanda Gores JOY School: Month 9**

Hello,

Did you have a great month celebrating? Did you create a "joy spot" at the office?

Although all the months are important, this month is critical for your self-development.

### **Purpose and meaning in life**

One of the key factors in keeping your heart well, having a sense of purpose or meaning in life also greatly affects work performance.

Make sure that your team feels they are working to achieve a higher purpose than just shareholder profits!

I remember years ago, after bushfires in a state in Australia, one of my clients who made pillows said to their employees that if they came in and worked voluntarily on a Saturday, the company would donate the materials.

On that day they increased their normal rate of production by over 40%!

**Giving people a sense of purpose and meaning in their work dramatically affects how they work and their commitment levels.**

Almost everyone wants to feel they are making a worthwhile contribution so spend this month finding the purpose and meaning in your work.

**Family:** teach your children early about their sense of purpose in life and about having meaning in everything they do. Most people don't even think about these topics until half their life is over and they wonder what they have done – and fear they have wasted their lives.



## Believe in yourself

### **Belief in yourself is a better predictor of success than your actual skill level!**

Trust your intuition and that 'inner knowing' you have, when you know in your heart that you are doing the right thing! It will help you believe in yourself....

Surround yourself with people who believe in you - or just have ONE who believes in you! That's all it takes.

Continuously learn and develop yourself to grow, and that will dramatically increase your faith in your abilities as well.

Be your own best friend and say kind, uplifting things to yourself daily!

Focus on being positive about yourself this month! Watch Amanda discuss belief here -<http://www.youtube.com/watch?v=jP-UyQngC5Y>



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## **EMAIL 10: Encouragement Month**

How did everyone go last month? Was there lots of confidence building?

Remember to let us know how it went at [magic@amandagore.com](mailto:magic@amandagore.com)

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Encouragement Month

### **Welcome to Amanda Gores JOY School: Month 10**

Hello – it's me again!

This is another fun and important month!

### **YES/ EXCELLENT thumbs up**

Remember, recognition is the number one thing all people want – everyone wants to feel special – everyone wants to know that what they are doing is acknowledged.

People do work for money but they work MUCH better for recognition and acknowledgement.

When people and the work they do are acknowledged, they feel encouraged to work better and harder; their sense of satisfaction and fulfillment at work is much greater, which leads to them performing better and increasing sales.

Look for opportunities to recognise others – try to catch them doing something that needs to be acknowledged.

Give at least one person a day at work the thumbs up YES sign!

### **Everyone can be a Sparky**

Consciously building optimism in the workplace can transform the environment and productivity.

Sparky is the baby kangaroo whose job it is to spread the sparkle! To be the energy giver!

Remember – peoples eyes sparkle when they are excited, engaged or motivated!

Reframe situations at work to see the 'sparky' side!

There is almost always one or two people at work who are the 'sparkys' - the ones

who make the others laugh and keep the atmosphere at work one that is productive and stress free.

Imagine what work would be like if you could actively cultivate more 'sparky' energy givers and build a team of them!

Productivity would soar and people would want to work with your team!

Focusing on the positive and building on strengths has long been recognized as working better than 'constructive criticism' – so sparkys are a great addition to any workplace!

*Put the sparkle back into everyone you meet this month!*



Zooties,

Amanda

**<END EMAIL TEN, NEXT EMAIL ON NEXT PAGE>**

## EMAIL 11: Spirit Igniter Month

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Spirit Igniter Month

### Welcome to Amanda Gores JOY School: Month 11

Oooh you are going to love this month!

It's another JOY filled month of course!

### Be a Spirit Igniter

Every single person you meet has a pilot light inside their hearts – just like a gas stove top in the kitchen. It represents their spirit!

Every one of us has the capacity to either ignite someone else's spirit or be a spirit footer! Don't be a footer!

NO MORE FOOTING!!

Go forth and ignite people's spirits every day. Be a SPIRIT IGNITER!

Ignite the spirits of your colleagues – your customers and your family. They will love you!

Remember - the analogy of the stove in the kitchen! A look, a sound, a non verbal gesture can FOOT someones spirit in a heartbeat.

The Mother said "**Everything always depends on the way in which things are done. Not so much what one does, but the spirit in which one does it!**"

What spirit are you doing things in?

At work, at home?

If you agree to do something, do you do it with a spirit of willingness?  
With a spirit of energy, vitality and enthusiasm?

Or resentment, resignation, passive aggression or irritation?!

Again, YOU are in total control of your spirit!  
And it affects EVERYONE around you and EVERYTHING you do!  
Choose to be an igniter – for everyone, in every place.

**Watch Amanda be a Spirit Igniter here - <http://www.youtube.com/watch?v=rC-bSoySCLc>**



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## **EMAIL 12: Learn, Unlearn Month**

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Education Month

### **Welcome to Amanda Gores JOY School: Month 12**

Welcome to the month on Wallys and Learning!

#### **“No more Wallys”**

Remember Wally the woeful wabbit? The energy sucker?

And that just ONE Wally in a workplace will drag the group motivation, energy and productivity down.

Have you ever noticed that when a Wally leaves the group, the workplace is transformed?

Laughter returns and people work together more effectively and enjoy work more.

Typically Wallys are cynics and pessimists or people who think they are very important!

Having a set of Wally ears on the table in all staff meetings (once everyone knows what a Wally is!!) almost instantly stops all negativity during the meetings.

And typically after a very short time, the members of the team will start to self regulate rather than the leader having to do it.

Hanging a set of Wally ears on your wall in a prominent place also reminds people to change their attitude and choose to be more optimistic.

#### **Educate yourself - take responsibility for your career!**

Alvin Toffler said that “intelligence in the future will not be measured by the ability to read and write. Intelligence in the future will be measured by the ability to learn, unlearn and relearn.”

This means we need to be prepared to unlearn old habits and old ways of doing things, and be flexible enough to **re learn** the new ways.

The more we cultivate that flexibility, the more effectively we can live and work in a constantly changing world.

People who cling to the ‘we have always done it this way’ mentality are dinosaurs at work and endangering their own job, not to mention the performance and

attitude of the team.

Creating a learning environment at work – one that is safe, encourages learning and understands that **mistakes equal learning and not failure**. This creates far better performing workplaces than those not geared towards lifelong learning.

Do new and different things. Study. Learn things about which you know nothing - it keeps your brain young, alive and vital!



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### **EMAIL 13: Energy & Vitality Month**

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Energy & Vitality Month

#### **Welcome to Amanda Gores JOY School: Month 13**

TADA, Excellent/Thumbs up, you are up to your thirteenth month!! Well done!

I hope you are proud of yourself! You should be! Are you doing a joy jig?

#### **Give people a “Joyster”!! Release endorphins**

Endorphins (or 'joysters!) are the body's natural happy drugs, and very powerful pain killers.

We can release them easily, and the way you learned was to draw a smiley face on your finger and wave it at others! Saying 'hello'!

Do this to yourself if you find you are taking yourself too seriously, or if you are angry or upset – you will be surprised at how well it works!

Defuse other tense situations at work by waving your finger and silently mouthing 'hello' to your colleague who might be on the phone!

Or if they are having an altercation with another person!

Use the technique to cheer each other up during stressful times of change, or if there are ongoing issues at work.

Make a little endorphin and keep it on your desk to remind you!

Or buy them from [www.amandagore.com](http://www.amandagore.com) - they come in bags of 50!

Little yellow smiley face finger puppets are great ways to engage and involve customers!

If you are in a travel company, give them one every time they make a booking and tell them to take Joyster the endorphin with them and take photos of him everywhere they go!

Some past clients of mine have had wonderful experiences like 'secret' endorphin scenes'!

Someone anonymously creates a little scene with 5 or 6 endorphins – no one knows who does it – but they are all amazed!!



You will create a huge following I am sure!

Have a large bowl of them on your desk!

*They are a secret selling and relationship building tool! LOL*

### Laughter and grinning

We need to let go, lighten up and laugh more!

People are working much longer hours and playing less in their home time so work has to fill that void. The more fun you and your customers, clients and colleagues can have, the better the work environment.

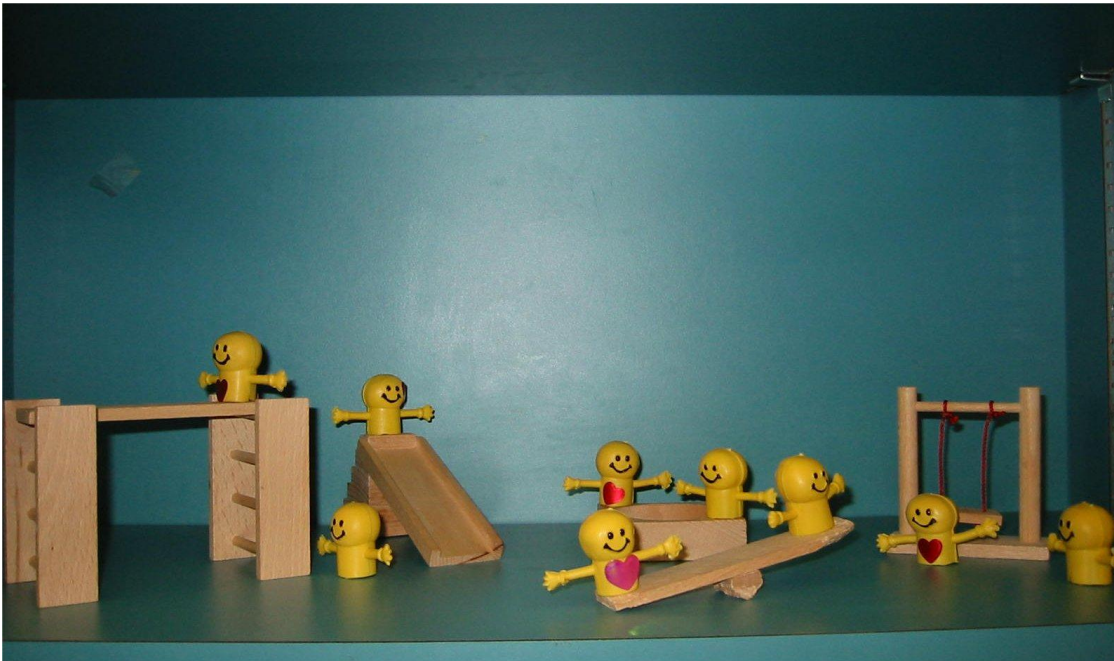
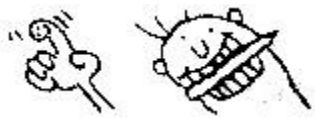
We know that laughter busts stress and boosts the immune system.

If we can help our colleagues, clients and customers laugh more and enjoy themselves while they are with us, they will **choose** to continue doing business with us over our competitors.

Our competitors may not be as committed to being **professional AND having fun – the two are not mutually exclusive!**

Look at what some of our incredibly creative Joy Tribes have created!





TADA! Go on start celebrating you are nearly there!

Watch here on how to release endorphins -

<http://www.youtube.com/watch?v=bqRn81WFUr4&feature=relmfu>



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## **EMAIL 14: Emotional Intelligence**

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Emotional Intelligence Month

### **Welcome to Amanda Gores JOY School: Month 14**

By now, you will be used to your monthly reminder of what you learned!

This month our focus is **Emotional Intelligence**

The Harvard Business Review calls this the most important quality in great leadership. The three most significant components are to:

1. **Know yourself** – which to me means connect your head and heart. We talked about this months ago and hopefully by now, you are using your heart wisdom to discern and guide you in all your decisions!
2. **Manage yourself** – which is what we are focusing on this month
3. **Manage relationships** – which is about connecting heart to heart and listening well which we discussed early on

HBR also says a leaders **mood** also is a critical part of how the culture is created.

### **Three ways to manage yourself!**

#### **The Oxygen Mask**

Remember the warning we are given in planes – “in the unlikely event that the plane plummets to the earth and oxygen masks fall from the ceiling, if you are with a child put the mask on yourself first.”

Why? Because if you die you are no use to the child!

Similarly, if we don't stay calm and in control at work, we are not much use to our team!

When we are stressed, the first things that changes is our breathing – it becomes shallow and high and we lose our capacity to think clearly. So do you remember how we pretended that our hand was the oxygen mask and we threw it over our face and took in a huge breath and then breathed it all out – TWICE?

This second breath and especially the breathing out helps dispel toxins from the stress.

### **You can also use Gratitude Glasses to control your mood!**

Hopefully you have a pair on your desk, always ready at hand!

**Or you can BUILD A BRIDGE AND GET OVER IT!**

Remember the story of the 16 year old girl and her mother in NZ – walking down the street? The girls stops and tells her mother to “build a bridge and get over it!”

So we used a hand gesture of building a bridge, accompanied by a sigh – and importantly, looking cute! If you do this gesture and look annoyed, someone will punch you! LOL

Remember, you can do this with yourself, with a small finger gesture or head movement if you can't do it 'out loud'!

It's a very effective way to bust stress and help others get over themselves!

And to create a positive spirit!

So many ways to keep your mood optimistic!!!

What a great month! Watch here for more tips -

<http://www.youtube.com/watch?v=INJfy4ZZjPU&feature=plcp>

Isn't this going to be a JOY packed month?!



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## **EMAIL 15: Feelings**

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Feelings Month

### **Welcome to Amanda Gores JOY School: Month 15**

#### **EVERYTHING in life is about Feelings**

**80/20**

I once heard Kevin Roberts, the worldwide head of Saatchi and Saatchi speak on their strategy for advertising campaigns.

One critical component was that people are 80% emotional and 20% rational. Giving people facts and figures will never change their behavior! We must connect with the emotional side!

Lou Gerstner discovered this when he turned IBM around – he had to touch the hearts of everyone in the organization before they would make the necessary changes.

If you want anyone to do anything differently, you have to tell them a story that touches their hearts! They can change in a heartbeat!

#### **MMFS**

Carl Buechner said “people will forget what you say. They will forget what you do, but they will never forget how you made them feel.”

How true! Your mission this month is to make everyone you meet feel special in some way. Imagine they are walking around with signs across their foreheads that say MMFS – make me feel special!

Then do or say something that makes their eyes sparkle!

#### **Your story determines your feelings**

How you feel about yourself, your job, your colleagues, your boss, your partner in life, your children – in fact...how you feel about EVERYTHING - all depends on the story you tell yourself about each of them.

This month, you are to go forth and be very conscious of how you feel yourself – about your job, boss, colleagues, company, families, children, partners and everything else!

Then examine the stories you are telling yourself – and change them for better ones if they need improving!

Tell yourself a better story every day for 30 days and you will change the way you feel! You can transform your life!

And if you focus on how you make **others** feel – you will transform the lives of others!

Isn't that exciting?

Watch Amanda discuss feelings here - <http://www.youtube.com/watch?v=M-2h-w1Y6ql&feature=plcp>



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## **EMAIL 16: Epigenetics**

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Epigenetics Month

### **Welcome to Amanda Gores JOY School: Month 16**

#### **Bruce Lipton and The Biology of Belief**

This amazing epigeneticist can be seen on youtube! He has fascinating ideas and the couple we focused on were the importance of beliefs in turning genes on and off and how they can influence everything in our lives!

Our beliefs are determined largely by our perceptions – which we covered earlier in the program. We perceive and judge rather than see reality. But we BELIEVE our perceptions are the truth.

These beliefs become our 'story' and these then create expectations.

#### **We see what we expect to see.**

It is of the test given to university students in which they were asked to count the number of times a basketball was passed between members of a team dressed in white.

At the end, after they had given the numbers they counted, the professor asked them 'how many of you saw the gorilla?'

What gorilla??! There is a human dressed in a gorilla suit that walks across the middle of the field and in fact stops in front of the camera!

Have a look at this link

<http://www.youtube.com/watch?v=vJG698U2Mvo>

Because they did not expect to see a gorilla and they were focused on something else, the gorilla was completely invisible! The students were convinced it was a different video!

In primitive cultures, they believe that a witch doctor has the power to 'point a bone' at a healthy person and that person actually dies because they BELIEVE in the power of the witch doctor to curse them.

If you believe you can do something - or not – you will be right!

It is astonishing how unconscious we are of our beliefs and how they control how we live our lives and in fact how long we will live.



Be very careful of what doctors or other health professionals say (remember Lance Armstrong?)!

This month your task is to examine your beliefs – about everything! And the stories you tell yourself again. And the expectations you have.

Having expectations can take away many opportunities!



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## **EMAIL 17: Positive Psychology**

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Positive Psychology Month

### **Welcome to Amanda Gores JOY School: Month 17**

#### **3:1 Ratio**

One of the best books I have read on this subject is Positivity by Barbara Fredrickson.

It's where I learned about the 'Positivity Ratio'.

In a workplace, if there are 3 positive experiences, interactions, words, behaviors to every one negative, it will be a flourishing workplace!

Proven to be true again and again, it's astonishing to think something this simple could make such a transformational difference. But it does!

Your mission this month is to create an environment in which there are 3:1 positive to negative interactions or experiences! Consciously!

Apparently, lots of little positive experiences – where people **genuinely** feel a positive emotion – even a small one for a short time – accumulate and make a big difference.

A smile, positive glance, encouraging word, or some form of recognition is all it takes!

#### **Be open and accepting**

In her book she talks about being open rather than faking positivity! Being open to what is around you – being a good finder as I call it – and accepting are important components of training yourself to be more positive.

#### **Be authentic or die!**

When you smile, make sure you smile with your eyes as well! And be genuine in anything you say or do – or you create cardio vascular distress! Honestly!

Scientists have found that if you smile but your eyes don't – if your 'crows feet' muscles are not activated, your heart actually feels it as distress!

Be careful that what you say matches what you feel!

**Heartfelt** appreciation, genuine feelings and comments really matter!

Whoa hooo! This month really WILL change your life! To see more click here - <http://www.youtube.com/watch?v=-JrQYf8ZXLU>



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## **EMAIL 18: Sparkly Bits**

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Sparkly Bits Month

### **Welcome to Amanda Gores JOY School: Month 18**

#### **Sparkly Bits**

To me, non verbal communication is best described this way! We all walk round with 'invisible fish bowls' on our heads and in these fish bowls are 'sparkly bits'.

My sparkly bits and your sparkly bits talk to each other all the time.

If what comes out of my mouth does not match what my 'sparkly bits' are saying (ie what I am saying to myself) guess what you pick up?

ALWAYS the meaning of the sparkly bits! Think of a time when you have met a person at a party or event – and they seemed really nice, but something was not 'quite right'. You could not put your finger on it.

What you were picking up was the incongruence between their words and sparkly bits.

Be very careful that what you are thinking matches what you are saying!

#### **Honoring Others**

One day I was listening to Dr Gary Smalley speak about the importance of respect and honoring in relationships.

As soon as I heard this, I thought of my nephew when he was a two year old!

I used to walk into my sisters property and call out YOOO HOOO from the beginning of the driveway. And a gorgeous, little blond haired 2 year old laughing toddler would run towards me calling out my name as if his world world just lit up!

If you have ever had a child do that with you, you have felt your heart explode with joy!

That to me is honoring – the genuine, sheer delight and excitement of seeing another person. We do it with each other in the early days of a relationship!

Our sparkly bits say to each other "OH IT'S YOU!" with excitement and joy. And it makes us feel wonderful.

As the relationship 'matures' or we become used to each other, the words are the same but the sparkly bits or non verbals accompanying the words change! There is less enthusiasm...and more 'overtones'!

## Awe, Wonder and Reverence

Remember that every person you meet is an 'astonishing being of light' all the time! They deserve to be honored and to be viewed with awe and wonder and reverence!

Your mission this month is to be conscious of your sparkly bits at all times!

And to honor everyone you meet; to see them with awe and wonder and reverence.

Look for reasons to be filled with awe. Notice the beauty and wisdom in nature. Watch a few sunrises or sunsets.

Children find simple things fascinating – copy them! Become childlike in your enthusiasm for new things – or butterflies!

Not only will you make others feel fabulous this month – YOU will feel great!



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## **EMAIL 19: Words**

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Words Month

### **Welcome to Amanda Gores JOY School: Month 19**

#### **And or But?**

Did you know that when you use 'but' to connect phrases, the second one negates the first!

For example, "You have done a great job *but* we need to expand the section on blah". Whatever compliment you gave initially, you just negated with the 'but'!

"I am so happy but I just....."!

"Things have improved but....."

Pay attention to how often you use the word 'but'!

Replace it with 'and'!

#### **Don't!**

Have you ever seen a child walk through several rooms in a house with a glass of milk without spilling a drop? Only to have an adult see them and shout out "DON'T spill the milk"!

What happens? The child spills the milk! Because the unconscious mind cannot 'hear' the 'don't'.

If you say 'don't forget to remind me' to someone – the message they get is 'forget to remind me'!

"Don't poke your brother!

I said – DON'T poke your brother "

So the child pokes her brother again!

"Don't fall off the fence!" and the child immediately falls off the fence! The command you gave them was 'fall off the fence'!

Do you understand? You will be amazed at how much you use the word 'don't'!

Stop now and say things like:

Remember to remind me!

Keep your balance!

Stay away from your brother!

Feel the difference?!

Also listen to the words that come out of your mouth about yourself! And others and if you or they are saying something negative, immediately say “if you say so!”

Really, it's transformational if you say that to someone – it makes them stop and think about what they are programming into their subconscious minds.

Say only positive things about yourself – or others – to yourself or out loud!

**Family:**

Teach your children these important lessons.

Catch yourself before you say 'but' and think if that is really what you want to say.

Avoid using the word 'don't' with your family – unless you want them to do something and you are being manipulative!



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## EMAIL 20: F-Heart month!

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – F – Heart Month

### Welcome to Amanda Gores JOY School: Month 20

The heart does not start with 'F' – but we are remembering F words – so It's F-heart!

Psychoneuroimmunology is a relatively new science that looks at the way the nervous system, psychology and immune system interact. But you knew that!

Do you remember that anger and hostility are the number one predictors of heart attack?

Of course...you remember that the antidote to anger is forgiveness – another F word.

To **for-give** – was have to GIVE love!

And my Mum is the source of a wonderful technique to show people you love them or send them love.

After my stepdad had passed, my mother came to stay with me for 6 weeks. Depressed and angry with some things that had happened, I was worried about her as I knew that if she didn't deal with the stress at the time, within 12-18 months, she would have cancer or be horribly ill.

I met a man while she was staying with me who taught me that when we send others love, we boost not only *their* immune system – but also *ours*!

So I excitedly told her when I went home. "Mum, Mum – you just have to send love!"

Being used to me, she asked "what do you mean 'send love'!"

I didn't really know so we didn't talk about it any more! However, 2 weeks later after I had taken her to the airport to go home, I found a beautiful letter on my pillow.

In this letter, she told me how much she loved me. How special I was....and some wonderful moments we had shared. I was of course in tears at the end of it! Horrified that I was glad she had left!

At the bottom of this letter, she had drawn a big heart on one side and a big heart on the others – with lots of little hearts in between....



This was her way of sending me love! You can do it too – each little heart is a 'zoot'!

Physically touch people's hearts if you have permission! Otherwise just IMAGINE little zoots going from your heart to theirs!

Watch this clip on youtube – on my amandagoretv channel!

<http://www.youtube.com/watch?v=vQFI4a0xiBE>

Get zooting!



Zooties, (these are special ones my Mum sent me!!)

Amanda

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**<END EMAIL TWENTY, NEXT EMAIL ON NEXT PAGE>**

## EMAIL 21: FOOMF

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – FOOMF Month

### Welcome to Amanda Gores JOY School: Month 21

At the end of my presentation, we all stood up and held out hand in front about 10 inches apart!

And you put all the wonderful feelings you were experiencing in between your hands – you saw it shining and shimmering; you gave it a color!

Then - on the count of 3 – we all said FOOMF!

And put all that energy, high vibration, and JOY into your hearts!

Every time you have a wonderful JOYFUL experience – FOOMF it!

Remember it, capture that JOY and FOOMF It into your heart!

If nothing joyful happens in the month, then every day recall how you felt at the end of the presentation – and relive that experience and feeling.

Happy FOOMFING!



Zooties,

Amanda

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<END EMAIL TWENTY-ONE, NEXT EMAIL ON NEXT PAGE>

## **EMAIL 22: The JOY Project!**

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – The JOY Project Month

### **Welcome to Amanda Gores JOY School: Month 22**

Your mission, should you choose to accept it, is to be a walking JOY spot!

To create JOY spots where-ever you go! There are some great ideas for JOY spots here <http://www.slideshare.net/amandagore/joy-spots-at-work>

Part of a leaders job is to create an environment in which people can be the best they can be....that is JOY filled and fear free.

JOY spots can be small and mobile! They might just be your smile. Or a 'yes' thumbs up. Or a TA DA. Or a genuine compliment.

JOY spots can be created in coffee shops – like the wonderful Coffee Club that had a special JOY spot in their restaurant!

Or the Borders bookshop at Robina who created signs all over the store and decorated them as JOY spots!

Be as creative as you can – the opportunities are endless!

Send us photos! We would love to see them...



Zooties,  
Amanda

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[Find out more about The Joy Project here](#)

<END EMAIL TWENTY-TWO, NEXT EMAIL ON NEXT PAGE>

## **EMAIL 23: A Leader's Job!**

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – A leader's job Month

### **Welcome to Amanda Gores JOY School: Month 23**

There are three main components of a leaders job is to

- 1.** Change people's behaviors which you can do in a heartbeat – IF you tell the a STORY that touches their hearts.
- 2.** Create an environment in which people can be the best they can be – a fear free, JOY filled workplace and,
- 3.** Help people believe in themselves – remember, belief in your own ability is a better predictor of success than any level of skill!

Whether you are an 'official' leader or not – these are the characteristics of great leadership – or parenting!

Go forth – by now, you have a ton of skills and ways to do all of those things.

Everyone is a leader – whether you choose to lead or not is up to you!

Model the behavior you want in others – as Ghandi said "be the change you wish to see in the world." – this is easier said than done – but this is your month to practice.

What change do you want to see in your world?

BE it for this month. Be more loving; more compassionate; more hopeful; more enthusiastic; more present; laugh more; be more peaceful, reverent, generous and grateful! ALL the things you have learned in the last 2 years!!

I bet this is going to be an AWESOME month!!! Watch more here -

<http://www.youtube.com/watch?v=L2AZSXT2p4o>



Zooties,  
Amanda

To see what Zooties are please visit [amandagoretv](http://amandagoretv)

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**<END EMAIL TWENTY-THREE, NEXT EMAIL ON NEXT PAGE>**

## **EMAIL 24: The Most Important Thing in Life**

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – The Most Important Thing in Life Month

Do you remember what the most important thing in life was?

It was how you feel about yourself!

If you feel good about yourself - then you can stop defending yourself and proving you are good to everyone else (to really prove it to yourself!) and you can focus on making others around you feel good.

Which will then lead to enormous popularity and success!!

Remember when you first fell in love? How wonderful was life? People were fabulous, there were no difficulties and things just seemed to go smoothly and life was fabulous!

That all happened because when someone else falls in love with us - the truth is we fall in love with OURSELVES! We suddenly see ourselves as we truly are. We are love AND lovable. When we believe it about ourselves, we feel fabulous and are at our full potential.

Sadly, when someone sees our 'human warts' (you know the saying - they love us warts and all!) WE see our warts - and then we fall out of love with ourselves. Life goes back to struggle, pain, wounds and defensiveness until we fall in love again - and it becomes great again!

Work this month on actually being aware of how you feel! Professor John Duradini from Adelaide University said - 'life is not about feeling good - life is about being good at feeling.'

I believe life is about feeling good as well - BUT you have to be able to feel and most of us are not very skilled in that area. There really are only two core feelings from which all the others stem - LOVE and FEAR.

Become conscious of which feeling is driving your every behaviour - and seek the source of the fears - and eradicate them.

**Wake up to how important it is to love yourself! YOU ARE LOVABLE - NOT MATTER WHAT YOU HAVE DONE OR WHAT HAS HAPPENED TO YOU!**



Zooties,  
Amanda

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<END EMAIL TWENTY FOUR, NEXT EMAIL ON NEXT PAGE>

## **EMAIL 25: The Three Biggest Fears**

**FROM:** You or an appointed staff member to do each month

**TO:** Your team/group who attended Amanda's session

**SUBJECT:** Amanda Gore's School of JOY – Biggest Fears Month

We are living lives of habits and patterns ruled unconsciously by fear.

Some of the fears are worrying but superficial - like FOWOT \_ fear of what others think about you; fear of uncertainty and fear of poverty for example. But there are three core fears that are usually embedded by the time we are five and not based in reality or the present.

They are based on 'toddler thinking'. When we are toddlers, everything - everything - that happens we perceive as being our fault. It's just toddler centric thinking - our little brains trying to make sense of things.

Unfortunately that toddler thinking often tends to be buried deeply and become a belief that rules the rest of our lives - even though there was either no truth in it or it was true at the time but no longer is.

Remember that if horrible things happened to you as a toddler - IT WAS NOT YOUR FAULT! You were a toddler - and had no way to defend yourself against transgressions that should never have been done to a child - it was not about you - nor was it your fault. No matter what you have told yourself since then.

Alcoholic parents for example say and do terrible things at times. It is not the fault of the toddler that the parent drank or lost control, yet children are often (usually) scarred by the terror for them of what is going on. They feel that if they have been more lovable or a better girl or boy then things would have been different.

**IT WAS NOT YOUR FAULT!**

Those three core fears are

1. I am not good enough; I am not worth loving; or I am not lovable
2. I am unsafe in some way
3. a fear of death, separation or abandonment

Search inside for these fears. If you are human you are likely to have one! Or more as I found with myself!

Once you identify the fears, find their source. Often it is based in toddler thinking that no longer applies - and you can start to love yourself realising that what happened is the past and you could not have changed no matter how good or lovable you were! It was another person's journey.

You may choose to seek some professional help to explore these deep fears as it's tough sometimes to do it by yourself - to be honest enough with yourself!



It's a great exercise to do with your partner - if you feel safe enough and you can create a safe place.

If you can find a behaviour you don't like in yourself or others, look for the fear that is driving that behaviour.

Behind that fear is a need.

If you fill that need, the fear goes away.

Find the fear - fill the need.

You ARE lovable and worth loving.

You ARE good enough - you can always grow and develop but you are doing the best you can right now.

You CAN make yourself safe - even if you have to leave an unsafe person or environment - it's still a choice you can make.

You are NEVER alone - the spiritual realms are always there to guide you - just tune in!



Zooties,  
Amanda

To see what Zooties are please visit [amandagoretv](http://amandagoretv)

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<END EMAIL>

## **Congratulations – You have made it!!!**

You have graduated from the “Amanda Gore JOY School” TA DA!!!

Email [magic@amandagore.com](mailto:magic@amandagore.com) and let us know that you have finished the series of emails and let us know for one last time what difference your team/group experienced.

For more information on Amanda Gore, to sign up for her monthly newsletter or to purchase any of her products please visit

[www.amandagore.com](http://www.amandagore.com)

To build your own Joy Tribe please visit [www.thejoyproject.com](http://www.thejoyproject.com)

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