



## Is Holistic Mind Body & Energy Coaching For You?

You have 2 CHOICES....

1. You can **DO NOTHING** and imagine where you will be in 12 months time
2. Imagine **MAKING THE DECISION to get COACHED** like many successful people do, gaining clarity on what's most important to you and begin to eliminate those limitations that prevent you from experiencing **JOY!**  
***Imagine the benefit of having support to change your life experience and connection with yourself and others. Where will you most likely be in 12 months then?***

**So, IS HOLISTIC MIND BODY & ENERGY COACHING & HEALING FOR YOU?**

1. **Do you feel** that life gets in the way of what you *really want* and *controls* you?
2. **Would you get value** out of having *clear goals* that are supported by what is truly important to you, creating a life that reflects *WHO you are, really* (your gifts, talents, interests) – what you were born to be?
3. **Is there not enough** hours in the day?
4. **Are you working** in a career that feels like it's what you are meant to do or is it something you *really aren't* that passionate about?
5. **Do you struggle** to balance family life, work, friends, health and self-care?
6. **Do you know there's more** to life than what you're currently BEING, DOING, HAVE and are CREATING?
7. **Are you just on the merry-go-round** of life automatically and not experiencing any variety and the JOY that your heart desires?

8. **Are you** having *fun*?
9. **Do you find that things are stressful** or something is *holding you back*?
10. **Do you feel** that there is some kind of *conflict* happening within you and you know it *has to stop*?
11. **Are you beginning to recognise** certain ways you are *behaving* that are not highly beneficial and do you feel that you would be better off if you changed your *emotional response* to particular experiences in life?
12. **Are you relating to others** the way that you want to, or are you experiencing conflict in *any of your relationships*?
13. **Do you notice that you experience specific situations** in life that seem to be creating a *pattern* or becoming a *habit* that is repeated and wonder why? For Eg; Do you seem to attract the same 'type' of person in your life and have challenges with this?
14. **Do you find it difficult** to make *decisions* and/or feel torn about it?
15. **Would you find value in having a space** you could feel safe in and have someone to support and encourage you to *grow continuously* without judgement and with honest feedback in order to *serve* your personal transformation?
16. **Do you have an underlining desire** to learn and grow?
17. **Do you want to learn HOW** you can master yourself through **SELF-CARE** on a level that will connect the dots for you on how we are very **HOLISTIC BEINGS** and learn how to manifest a *happy and healthy* Mind, Body, Emotional and Energetic State?

**If you answered YES** to some or many of these questions, you will definitely find Holistic Mind Body & Energy Coaching & Healing a *valuable investment in YOU!*

**To learn more** and **start your transformation today**, please call **Angela** on

**PHONE: 0415 528 885** Or email [info@thejoyhut.com.au](mailto:info@thejoyhut.com.au)

**DID YOU KNOW.....**That if you want to live the most fulfilling life possible while you are still alive, TheJoyHut's Holistic Mind Body & Energy Coaching & Healing gives you the opportunity to just that, through **Self-Mastery!**

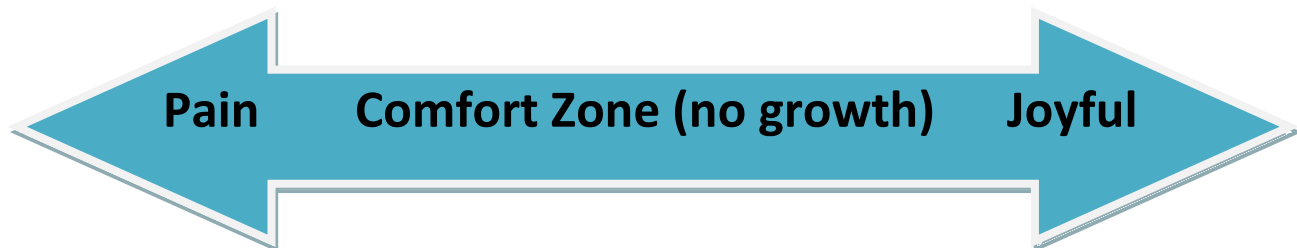
Whether you want to begin to create the life you **desire**, accomplish those **goals** that you truly deserve, let go of **fears, stress, anxieties and 'dis-ease'** that holds you back or simply reignite your **'spark'**, coaching can help.

When you awaken the **'Real You'** and have all the parts that create who you are working together to make you **happy**, it's an easier road take from where you are now to where you want to be, within the most important areas of your life.

TheJoyHut's coaching and healing provides you with *clarity, focus, a safe environment and a structure of regular support*, while keeping you *on track*, so that together we can *recognise and overcome* the challenges you face. These challenges may be as an individual or in relation to your interaction with others.

### [Are you just surviving within your COMFORT ZONE?](#)

Your response to 'Life' looks like this...



Are you like most people who get most of your needs met by sticking to only what is *'comfortable'*, remaining where you are, doing the *same thing* day in day out? Or do you know that you need to *reclaim* that genuine feeling of excitement in life and have a sense that you're selling yourself short, or just *'settling'*?

When we **stop**, we begin to die. This is true for all living things. And when we stay within the comforts that we are use to, any challenge can surely *'rock the boat'* and cause you *stress* as it appears *UNFAMILIAR*.

If you want to begin to become **ALIVE** again with a growing sense of *excitement*, finding out your *passions*, what's truly important to you and begin to *dream* again, you have to keep growing past your comfort zone! Then you can become **FULLY JOYFUL**. The magic happens the moment you step out of that comfort zone.

If you are in *pain*, you will surely know it and some of your important needs are not being met. You may be *suffering* on a *physical, emotional, mental or even spiritual* level and have a sense that you are living a life that is just not *'right'* for you!

Until you begin to become *congruent* with your values, passions, natural gifts and eliminate any internal conflicts you may be experiencing, you cannot break free from this painful position. If you feel like you are going against the grain and climbing uphill constantly, how can life look exciting?

Through coaching, you can begin to come *fully alive* once again and *break free* to help the Universe conspire to assist you with what it is that you want to manifest!

We can always have more meaning, peace, balance, greater relationships, freedom and abundance. So if even if you are living consciously, honouring who you are and what you want to create, and know the value of *regularly investing in your Self-Mastery and Self-Care*, you can always expand and with professional, insightful and support that offers even more tools, this will only speed up the process.

**Remember**, nothing changes if you choose to sit the on same spot on the road. You may just get run over!

**Call today and get started on your breakthrough experience!**

To your JOY!

*Angela Jay Johnson*

Founder of *TheJoyHut*

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