



INSPIRED

BONUS
Resources

JOY TAYLOR

A P P E N D I X

Inspired Glossary

Bright Genius – The brilliant inspiration that flows through you. A muse, a magical impulse, or a flash of dazzling imagination; it is the creative energy that uses you as a conduit for inspiration. A bright genius is behind the greatest works of art, humor, ingenuity, inventions, and thought leadership.

Choice Points – Pivotal moments when you are called to make a decision that alters the trajectory of your life. Because decisions have consequences, the future calibrates according to not only your decision but also the intention behind it. An opportunity to make a conscious decision.

Divine Order – A Higher Order and timing for the unfoldment of good. A universal system of benevolence for all concerned. Seen from a soul perspective, life unfolds in Divine Order.

Ego – A part of the personality that identifies itself as separate. It defends its identity by comparing itself to “other.” A sense of self-importance or inferiority. The image you have of yourself.

Embody – To be an expression of or give a tangible or visible form to an idea, wisdom, quality, or feeling. To personify, manifest, symbolize, represent, incarnate, and exemplify.

Flow State – Being connected to the *now*, where a moment-to-moment ease mingles within activity. A state of being that trusts life, lets go of control, and invites inspiration to lead the way.

Holistic Learning – The acquisition of knowledge or skills through direct experience and study. Holistic learning is the process of speeding up your development by assimilating, and absorbing through your mental, physical, and emotional faculties.

Inspiration – Living in Spirit, to be filled with light. Receiving a positive impulse to do or feel something uplifting; to be stimulated to create good for your benefit and the benefit of others. Breathing in.

Interference – The negative beliefs, unconscious programming, toxins, emotions, or moods that get in the way of your personality aligning with your soul. Can also be negative influences that block you from feeling love.

Intuition – The natural ability to know or understand without reasoning. An inner knowing, wisdom, or gut feeling. Intuition expresses itself as your hunches, premonitions, sixth-sense, insights, or small inner voice.

Personal Transformation – A thorough or dramatic change, alteration, or metamorphosis of character, personality, and habits. The ability to take personal developmental experiences

and apply them in life. A natural result of living a soul inspired life.

Personality – The combination of behavior, emotion, motivation, and thought patterns that define an individual. Includes your ego, character, talents, and skills. When your personality aligns with your soul, you utilize the personality for the greater good.

Shadow – The unconscious parts of you that you disown, reject, hide, and keep in the dark. If not recognized, the shadow can rule your life. When recognized, the shadow becomes a doorway to liberation.

Signs – Messages from the Universe offering you guidance. They appear as symbols, dreams, people, metaphors, coincidences, and random happenings that clearly give you a nudge towards an action or change. Signs can also be a confirmation.

Soul – The immortal you: that which you are before you are born and after you die. Pure energy and love. Part of Spirit, like a drop of the ocean. When you allow your soul to lead the way, your personality is utilized for the good, and you live a soul inspired life.

Soul Evolution – The soul's process of developing and expanding in consciousness. As you integrate your soul's evolution, you value love over things of the material world. You gain a growing sense of your connection to all that is.

Spirit – Loving energy that elicits awe and feels like bliss. While indescribable, it goes by many names, such as Creative

INSPIRED: 7 Wisdoms of a Soul Inspired Life

Intelligence, Unified Field, Source, the Divine, God, Oneness, the Universe, and Love.

Successing – A verb that celebrates success as a process, not a destination. The focus is on who you are becoming and the experience you are having while reaching for a goal.

Wisdom – A principle that gives you the ability to think and act using knowledge, experience, understanding, and insight. An essential intelligence for evolution. True wisdom arrives when you are humble.

Wisdom Warrior – A person who models a soul inspired life and teaches by example, guidance, and life lessons. (That's you!)

A P P E N D I X

Inner-Honoring Activities

Inner-honoring activities are concrete ways to care for yourself and create a more sustainable and soul inspired life.

There are three types of inner-honoring activities:

1. *Two-Minute Resets* – one an hour
2. *Twenty-Minute Turnarounds* – one a day
3. *Two-Hour Renewals* – one a week



Two-Minute Resets are extremely useful when you are ultra-busy and only have a moment to get refreshed. Ideally, you do one an hour. (They are treats to enjoy.)

Some examples of *Two-Minute Resets* are:

- Drinking water or another restorative beverage
- Stretching your body
- Shaking, jumping up and down, or jumping rope

INSPIRED: 7 Wisdoms of a Soul Inspired Life

- Listening to a favorite song or piece of instrumental music
- Taking a short walk around the block or up and down the stairs
- Tapping or using EFT (Emotional Freedom Technique)
- Writing down a list of things and people for whom you are grateful
- Listening to a prerecorded audio of your voice affirming positive statements
- Breathing deeply and consciously (such as breath of fire, equal breathing, alternative nostril breathing, and other breathing techniques)
- Petting or spending time with an animal
- Reading an inspirational passage
- Hugging a loved one (or a quick snuggle)
- Going outside and communing with nature
- Listening to one of the “Two-Minute Wisdom Activations”

After looking at the above list, consider what activities fill you up and last about two minutes. Create your own list of *Two-Minute Resets* that will boost your energy.

I recommend that you engage in one *Two-Minute Reset* every hour.

When it's time for a Reset, your pick will depend on what you have been previously doing. If you've been sitting and thinking, you may want to get up and move. If you've been physically active, you may want to slow down and breathe. You'll know what to do. This practice is a discipline that pays off and will build on itself.



Twenty-Minute Turnarounds are activities that take more time and space but result in a greater recharge.

Some examples of *Twenty-Minute Turnarounds* include:

- Engaging in a recreational activity or exercise (make sure you are doing what you love)
- Taking time in nature to connect and observe
- Doing a brief yoga session or stretching activities (add music)
- Getting a chair massage
- Soaking in a tub
- Writing in your journal
- Envisioning your bright future and setting intentions with creative visualization
- Reading a chapter of an uplifting book
- Listening to an inspiring podcast (while resting or walking)
- Meditating with a guided audio or following your breath
- Calling an encouraging friend (set the intention for your time, making sure the exchange is positive and supportive in nature)
- Re-centering your thinking. Assess your negative thoughts and turn them towards positive perspectives. (See the Appendix where I explain “Start Where You Are Affirmations.”)

Design your list of *Twenty-Minute Turnarounds* and include any of the above suggestions that resonate for you. Get creative with this list. These personal demonstrations of love are for your pleasure. I invite you to enjoy at least one turnaround a day, and the best way to ensure you do this is to schedule your turnarounds as non-negotiable appointments with yourself.

Commit to a conscious date with you, a date to honor yourself and renew.



The brave and bold find time every week for ***Two-Hour Renewals***. Pull out your calendar now. Can you find two hours every week or, at the minimum, every other week to treat yourself to a renewal? Renewals foster big shifts. Two-Hour Renewals have the power to restore you deeply from the inside out. When you respect these renewals as special times, you can transform yourself over time. Truly, renewals prevent burnout and overwhelm.

Here are some examples of *Two-Hour Renewals*:

- Enjoying an extended recreational activity like hiking, biking, or fishing
- Receiving a long massage or body-work treatment
- Experiencing a therapeutic session (counseling or coaching)
- Creating and/or reviewing your values, life goals, or purpose
- Making a treasure map of what you want in your life
- Playing in *The Inspired Guidebook*
- Spending quiet time in nature (taking photos, laying down and day dreaming, strolling)
- Attending a personal-development class
- Listening to a live or recorded concert that uplifts you
- Visiting a special place
- Driving on country roads
- Playing a musical instrument for the fun of it, in a flow state

Inner-Honoring Activities

- Having a personal spa day (at a spa or at home). How about a mani/pedi, plus a facial scrub and a tub. By the way guys—you would like this, too.

You can create and store your unique inner-honoring activities in a journal, on 3 x 5 cards, in your computer, or in the Notes section of your phone. Have the lists readily available so that every hour, every day, and every week you can choose and engage in your Resets, Turnarounds, and Renewals. Over time, these activities will become automatic. You'll add to the lists and find out what works best for you. The important thing is to *schedule the activities in your calendar*. Make this real for you!

A P P E N D I X

Start Where You Are Affirmations

Start Where You Are Affirmations meet you where you are. Think about it, if you are practicing affirmations that do not feel true, what is the use in stating them? If you use affirmations that don't reflect what is real for you, no matter who designed them—including the *Seven Wisdoms* affirmations—you can do more harm than good. I suggest you alter them in order to grow and evolve into them. For example, you can say, “I am willing to learn how life is for me. I am willing to learn to love myself. I am willing to learn to be courageous,” and so on.

Don't you think this is better than the incongruence of trying to say something you just don't believe yet? When you do not believe your statements, you will not be able to secure your mind's consent to create them. Instead, the effort may cause pain, distance, and turmoil.

You cannot talk yourself into change. You cannot say, “I am happy, My life is great, I love my body,” when what you are thinking is “I'm sad, Life sucks, I'm fat.” Inwardly, you might

be hoping that merely parroting positive words could convince you otherwise, but the words are too far from the truth. Instead of feeling at ease, you feel conflicted. So, what do you think happens if you force words and thoughts that are way ahead of your growth? You pretty much feel what you hoped you would not. In this case, sad, disappointed, and fat—not to mention *frustrated*. The resistance persists. This does you harm, not good. According to author and Buddhist nun, Pema Chödrön, “Resistance to unwanted circumstances has the power to keep those circumstances alive and well for a very long time. When the resistance is gone, so are demons.”

Where the negative self-talk was, “I’m sad, I’m fat,” replace it with, “I am willing to learn to be happier.” *Ah! Now that feels true*. Crafting statements that reflect where you are now is the starting place that results in embracing positive affirmations of your own: “I am willing to find some goodness in life, I am willing to love myself as I am.”

Over time, the statements become an evolving continuum into better feeling affirmations. Once you’ve acknowledged and accepted what is taking place in your mind and life, you can find peace with it.

When you are at peace, you change. In time, you’ll outgrow an affirmation and create a new one that fits. As you grow towards your desired state, you expand your affirmations to match. It’s a little like buying new shoes when your feet are growing.

Create your Start Where You Are Affirmations with statements like:

I am willing to _____

I know I will learn to _____

I am willing to learn to _____

I am open to learning how to _____

INSPIRED: 7 Wisdoms of a Soul Inspired Life

I am moving towards _____
I'm on my way to believing _____

Fill in the blanks with where you want to go—your desired state, your goal, the bullseye of your inspired life. You will find that the results are amazing. Starting with where you are, you notice that over hours, days, or weeks, your affirmations get clearer. You are real with yourself, and that is when affirmations work! You become even more willing.

Below are some examples of 7 Wisdoms Start Where You Are Affirmations:

- I am willing to learn to trust life.
- I look forward to seeing the good in this situation.
- I'm on my way to believing that I am enough.
- I know I will learn to trust my intuition.
- I am willing to learn to be uncomfortable.
- I am open to learning to be my authentic self with others.
- I am learning to love to learn.
- I am moving towards a better attitude, where I am grateful.
- I am learning to see the gifts I can give and contribute to life.

Start where you are, not even one-step ahead. To falsify your evolution, if only to yourself, dis-graces the journey.

A P P E N D I X

Saying “No” with Poise, Clarity, and Respect

You can learn how to say no with poise, clarity, and respect. When you commit to inspired action, you will be moved to say no at times. You learn to say “no,” with the bigger “yes” in mind. Below are six techniques. Remember, no guilt necessary.

Postpone Your “No.” This is simple. If you aren’t sure, or you don’t feel confident enough to say “no” right away, you can instead postpone your “no.” Here’s how.

“Thanks for asking. I need to consult my _____ (family, calendar, team, or spouse—fill in the blank).”

Then ask when your response is required.

Assure the person that you will be in touch by then, and tell them how—by calling, texting, emailing, or sharing in person.

Get back to the person in the timeframe and manner you promised. You might include one of the following techniques for saying “no” gracefully if “no” is what you decide.

Sandwich Your “No.” Include positive remarks before and after delivering the “no” message.

“Thank you for _____ [the opportunity, the compliment, thinking of me . . .] I really appreciate it (or appreciate you).

Right now, I am not able to _____ (repeat the request).”

Or simply say, “Right now I have to say ‘no.’”

From here, you can conclude with a genuine compliment about the person, opportunity, organization. Perhaps you offer an alternative (see below), or express your gratitude.

Offer an Alternative to “No.” This technique can be added to the sandwich or used as a stand-alone “no” response. The technique is simple. You might say, “I can’t do that, but I can do this.”

For example, “I can’t sit on the board, but I could be an advisor.”

“I can’t coach the kid’s soccer team, but I can commit to helping out with four practices this season.” “I’m not available, but I could refer you to someone who may be interested.”

I Have a “No” Policy. When you say you have a policy, others don’t take your “no” personally. For example:

“We have a ‘no smoking at our office’ policy.” Or, “I have a policy that I don’t stay out after 9 pm on weeknights.” You get the idea. Similarly, you might say, “This is not in my scope of work,” or, “This is not in our business agreement.”

Priority Swap “No.” This response works with co-workers, supervisors, housemates, and family members. If someone asks you to take on more responsibility, you might remind that

person that you can only do that if he or she can take something else off your to-do list. You might invite the asker to help discern your priorities with respect to your joint roles and projects.

“I can only take on (this new project) if I let go of (another responsibility). Which do you prefer I do?”

No Excuse “No.” All too often, we think we need to explain our “no” responses, and we bore others with our long lists or reasons, overwhelm, and excuses. It is okay to say,

“Thank you, but I can’t right now.” or “No, my plate is full.” Or simply, “I appreciate you asking, but I’m going to say ‘no.’” In other words, just say “no” without the need to explain your reasons.

Saying “no” is honest, empowering, and it breaks care-taking patterns. Have no guilt. Get real. You cannot be everything to everyone. When you don’t need to justify the “no” to yourself is when you don’t need to justify it to others.

A P P E N D I X

Good Company Assessment Sheet

The influences in your life, predict the future of your life. Remember the story of my Mt. Shasta summit with the experienced climber, Laurie? Or the Indian Guru who counseled, “the way to enlightenment is good company?” Good company comes in the form of people, music, activities, books, and thoughts.

Make a list in each category of the main influences in your life.

Next assess: Does this person, media, activity, or thought give me energy or take energy? Rate from -5 to +5.

In the action box, give yourself better suggestions. How might you change or eliminate the influences that deplete you? How might you enhance the ones that uplift and energize you?

For example, you may see that listening to the news is draining you, and choose to watch TED Talks that energize you, instead. You might identify someone in your life that complains and brings you down. This gives you the choice to talk with them about it,

Good Company Assessment Sheet

and/or spend less time with them. Conversely, you may realize how much you enjoy another person and initiate more connection time. If something or someone uplifts you, do more of it.

As you go through the assessment process, take your time. Study your life, and notice the energy in your body when you are with people, media inputs, or even when you hear your own chronic thoughts. Ask yourself, “Does this give me energy or take it?”

Inventory of Your Influences	Rate -5 to 5+	Your Change Actions
People in Your Life		
Read, Listen, & Watch		
Free Time Activities		
Thoughts You Think		

A P P E N D I X

Inspired Resources

from favorite Wisdom Warriors
(Includes Works Cited)

Books:

Bagley, Laurie. 2008. *Summit*. Mt. Shasta: BayTree Publishing.

Ban Breathnach, Sarah. 1995. *Simple Abundance*. New York: Grand Central Publishing.

Brassard, Sarah. 2018. *Inside*. Las Vegas: Lifestyle Entrepreneurs Press.

Bhat, Nilima and Raj Sisodia. 2016. *Shakti Leadership*. Oakland: Berrett-Koehler Publishers. Inc.

Bhajan, Yogi. 1977. *The Teachings of Yogi Bhajan*. Santa Cruz: KRI Publications.

Inspired Resources

- Blake, Trevor. 2012. *Three Simple Steps*. Dallas: BenBella Books. Inc.
- Brene, Brown. *Daring Greatly*. 2012. New York: Penguin Random House.
- Burchard, Brendon. 2017. *High Performance Habits*. Carlsbad: Hay House.
- Campbell, Joseph. *The Hero's Journey*. 1990. New York: HarperCollins.
- Canfield, Jack. 2005 2015. *The Success Principles*. New York: William Morrow.
- Chacour, Elias with David Hazard. 1984. *Blood Brothers*. Grand Rapids: Baker Books.
- Chapman, Gary. 1992. *The 5 Love Languages*. Chicago: Northfield Publishing.
- Chödrön, Pema. 1996. *When Things Fall Apart*. Boston: Shambhala Publications, Inc.
- Coelho, Paulo. 1998. *The Alchemist*. New York: Harper Collins Publishers.
- Covey, Stephen. 1989. *The 7 Habits of Highly Effective People*. New York: Simon & Schuster. Inc.
- Desai, Penache. 2014. *Discovering Your Soul Signature*. New York. Spiegel & Grau, Random House LLC.

Dyer, Wayne. 2015. *I Can See Clearly Now*. Carlsbad: Hay House.

Farrell, Warren; Gray, John. 2018. *The Boy Crisis*. Dallas: BenBella Books. Inc.

Frazier, Jan. 2007. *When Fear Falls Away*. San Francisco: CA / Newburyport, MA: Weiser Books.

Garr, Lisa. 2015. *Becoming Aware*. Carlsbad: Hay House.

Godin, Seth. 2008. *Tribes*. New York: Penguin Group Inc.

Gray, John. 2017. *Beyond Mars and Venus*. Dallas: BenBella Books, Inc.

Grout, Pam. 2013. *E Squared*. Carlsbad: Hay House.

Halaway, Dale. 2017. *Being Called to Change*. Las Vegas: Lifestyle Entrepreneur Press.

Hawkins, David. 2012. *Letting Go*. Carlsbad: Hay House.

Hendrix, Harville. 1988. *Getting the Love You Want*. New York: Holt Paperbacks.

Hesse, Herman. 1951. *Siddhartha*. New York: New Directions Publishing Corporation.

Holub, Ana. 2014. *Forgive and Be Free*. Woodbury: Llewellyn Worldwide.

Inspired Resources

Katie, Byron. 2002. *Loving What Is*. New York: Harmony Books.

Lipton, Bruce. 2005. *The Biology of Belief: Unleashing the Power of Consciousness, Matter, and Miracles*. Self-published; re-released with Hay House.

Lakhiani, Vishen. 2016. *The Code of the Extraordinary Mind*. Emmaus: Rodale Books.

Masters, Robert. 2018. *Bringing Your Shadow Out of the Dark*. Louisville: Sounds True.

Morter, Dr. Sue. 2019. *The Energy Codes*. New York: Atria Books.

Mt. Shasta, Peter. 2010. *Adventures of a Western Mystic*. Mount Shasta: Church of the Seven Rays.

Redfield, James. 1993. *The Celestine Prophecy*. New York: Hachette Book Group.

Rumi, Jalal al-Din. (1997) 2004. *The Essential Rumi*. Translated by Coleman Barks. New York: Penguin Books.

Shimoff, Marci. 2008. *Happy for No Reason*. New York: Simon & Schuster.

Singh, Guru. 2014. *Buried Treasures*. ReVolution Books.

Singer, Michael. 2007. *The Untethered Soul*. Louisville: Sounds True.

Tamura, Michael. 2002. *You Are the Answer*. Mt. Shasta: Star of Peace Publishing.

Tolle, Eckhart. 1999. *The Power of Now*. Novato: Namaste Publishing and New World Library.

Twist, Lynne. 2003. *The Soul of Money*. New York: W.W. Norton & Company.

Vanzant, Iyalnla. 2018. *Get Over It!: Thought Therapy for Healing the Hard Stuff*. Carlsbad: Hay House.

Williamson, Marianne. 2012. *The Law of Divine Compensation*. San Francisco: Harper One.

White, David. 2018. *The Bell and The Blackbird*. Langley: Many Rivers Press.

Zukav, Gary. 1989. *Seat of the Soul*. New York: Simon & Schuster.

Musicians:

Alanis Morissette

Deva Premal and Mitten

Diane Bardwell

India.Arie

Jana Stanfield

Karen Drucker

Kathy Zavada

Kelly Corsino

Olivia Newton-John

Peter Makena

Rickie Byars Beckwith

Acknowledgements

Beloved Kirk, you are my inspiration. You nudge me to balance and encourage my softening. Your understanding gives me the levity to see a higher path. As my companion in awakening and intimacy, I adore you. Your generous admiration shows me I am enough, as is. Thank you for believing in this book, reading rough drafts, and reminding me to be humble.

To my editor, Sylvia Somerville, you are an extraordinary companion in making sense of many organic, random, creative thoughts. Your ability to cherry-pick and restructure the manuscript “rocked my world.” As a sincere spiritual aspirant, you brought sparkles of wisdom and power to every page. Thanks for seeing this through to the end.

Dear family and friends, the ones who saw me shake in my boots and told me to walk ahead anyway, the courage to express my art is fueled by your belief. Specifically, Mom Judy, Dad Marlyn, Sister Aria, Stephanie, Mary, Abraham, Justi, Laurie, Jeannie, Deborah, Sarah, Warren, Liz, Bill, Joann, and Shanti. Special thanks to those of you who also served as Beta Readers!

Thank you clients, and colleagues who shouted, “YES!” and gave comments when I posted an excerpt or book research questions on Facebook.

Thank you, Marci Shimoff, for suggesting the name of the book, *Inspired*, and for writing the Foreword. Brava, brilliant woman! Your cheerleading me to the finish line brightened my way.

Heartfelt appreciation goes to David Hazzard, my initial writing coach, who showed up as “The Remover of all Obstacles” when I doubted, postponed, got stuck, and wanted to give up.

from favorite Wisdom Warriors(Includes Works Cited)

You are patient, profoundly intelligent, and convincing. Thanks for lighting the fire called, *Inspired*.

To the publishing team at L.E. Press, you do put your authors first as you roll up your sleeves with commitment. You walked the author's path with me as powerful guides. Thank you, Michael Ireland, for seeing two books in one manuscript and for offering ideas, encouragement, and edits.

To David, my root spiritual teacher, you know who you are. The vibrancy of truth that flows through you—in stories, in messages, and in your compassionate ways—lives in every bit of wisdom in this book.

In appreciation for all the life opportunities and the people who trigger my growth, I give thanks. To my many Wisdom Warriors and way-showers, thank you for proving to me that angels do walk upon the Earth. To my “petty tyrants” who push my panic buttons and tempt me to detour, you played your parts well. In the afterview, I will see you as some of my greatest and most loving teachers.

About the Author

Joy Taylor is the founder of A Soul Inspired Life and past Director of the Women's Business Center in Northern California. Her passion is empowering individuals to make choices from soul inspired intentions, not personality-driven motivations. She defines success as living in alignment with your values—and that you choose success. In her consulting and training she is known as an “Intuitive Business Muse” and offers practical strategies and solutions to assist you in designing an authentic life and creating a purposeful and rewarding business.

Often called a truth-teller, Joy brings honesty and clarity to her programs, which currently include The Codes to Confidence Course, Your Soul Inspired Business Launch, and The Brave and Brilliant You Mentorship. Voted “MOST INSPIRATIONAL” in junior high and high school, it is her nature to inspire.

As an empathic and articulate professional, her compassion supports others to nurture their highest potential. Working with entrepreneurs, women leaders, and positive agents of change, Joy encourages you to embrace a learner mindset, live as a student of life, and give thanks for this journey of continual “becoming.” Joy loves to help individuals break through inner obstacles, build confidence, and bring their visions to life.

Joy's first career was that of a somatic practitioner with a focus on Jin Shin Jyutsu®, Reiki, and myo-fascial release techniques. Joy infused her practice with a variety of bodywork skills, heart-centered esoteric arts, and her Priestess initiation. She feels that her commitment to be a clear “vessel of healing” allowed for deep transformation (sometimes with miraculous results) for clients. Joy went on to be an Ambassador of The Amazon Herb Company. She dedicated a decade to a two-fold

from favorite Wisdom Warriors(Includes Works Cited)

mission of health and rainforest preservation. In that role, she educated and led a large international sales team. It was through these experiences that Joy found her “sweet spot” as a trainer and consultant in conscious business and feminine leadership. Since 2001, she has helped thousands of people start and grow their business.

As an Artist, Healer, Teacher archetype, Joy continues to weave vitality, creativity, and loving energy into her professional development company.

After twenty years living at the base of sacred Mount Shasta in Northern California, Joy now resides with her Beloved Kirk, in Ashland, Oregon, where they enjoy nature, music, a healthy lifestyle, good company, and spiritual partnership.

Lisa Garr Interview with the Author

Interviewed by Lisa Garr, Creator of *The Aware Show* and #1 Amazon best-selling author of *Becoming Aware*. Learn more about Lisa's show at: www.TheAwareShow.com

Lisa Garr: Joy, what inspires you to do what you do?

Joy Taylor: You! And the Wisdom Warriors out there, sharing love.

Mostly, I am inspired when I feel a connection with life—with people, nature, and music.

I am also inspired by the human transformation that we are all making right now—the shift from personality-driven motivations to soul inspired intentions. I believe that humanity is becoming more soulful. On a global level, consciousness is moving towards love. This transformation inspires me because with this change, people are giving up their defenses and living in humility. I'm inspired by poetry, too. It is a soul language.

Lisa: You write poetry and include it in your book, yes?

Joy: Yes...and here is a good poem that answers your first question about what inspires me...

Q and A with the Author

*Can I now remember?
Sunlight on fresh snow nurtures my soul.
You see, what sings to me is beauty and nature,
The delicacy of words spoken from the core.
What excites me is a fresh moment,
Two adults laughing like children,
A poet sharing her work.
What moves me is a human being willing to be vulnerable.
What inspires me is some heroine living in the unknown.*

Lisa: **What is the book about, in your own words?**

The book is about *becoming* the person you were born to be. I believe we are all born to be beautiful, unique, and great. We are all *becoming* in the ways that inspire us, and no one can prescribe that inspiration for us. We are on a never-ending journey of *becoming* our most natural, authentic self. I hope the book offers clear guidance for fellow travelers on that quest.

Lisa: **How does someone live the life they're meant to lead?**

Joy: I believe that evolving into our potential is a natural thing, but our personal challenges interfere. I say it is natural because the seed of potential for each and every one of us grows when we nurture it. The seed is our soul signature, the essence of who we are and the gifts and talents we have. Our job is to create a loving environment for our potential to blossom.

What interferes with that growth are the fearful parts of us, our programs from childhood, and our unconscious shadow. So, the real work is observing and challenging what holds us back, while noticing and serving the love that propels us forward.

Lisa: **How do people find their purpose?**

Joy: I believe we all have multiple purposes—not just one big ‘life purpose.’ Too many people get caught up in finding their ‘life purpose’ and lose track of all the many daily ways they can be purposeful. This ‘life purpose’ concept causes undue pressure and insecurity for a lot people.

I say, ‘Relax, you are living your purpose when you show up in each moment with love.’

Basically, we are all here to *experience*, to *grow*, and to *give*. How you choose to do that is up to you.

The more you allow yourself to be the natural self that you are, the more your multiple purposes will show up for you. You will move forward to where you are drawn. You will feel pulled toward your purposes when you do little things every day that inspire you. Follow your inspirations and you find your purposes in life.

Lisa: **How did you develop the 7 Wisdoms?**

Joy: They first came to me after a contemplative prayer. I was doing what I usually do in the mornings;

taking quiet time to meditate, pray, journal, and having a cup of coffee. And on this particular morning, I heard a very distinct voice that said, “Life is for you.”

I was struck by the presence and the energy of that voice. It was very calming. I made a note on my iPhone. Then I heard the next message, “You deserve it. You deserve love.”

I took the messages in and then I thought, ‘So, if I am living in a Benevolent Universe and I deserve all the good coming my way, I’m going to pay attention to life’s cues. I want to have a conversation with this Benevolent Universe so I can receive all the blessings.’

After the first three messages, the next four Wisdoms came at once, and I took notes.

While the initial ‘download’ was about four minutes, developing the Wisdoms happened over many years of integrating them into my own life and utilizing them in my courses and consulting. My clients and I experimented with them and found that they really work. If you work on the Wisdoms, they will work on you.

Lisa: **Why did you write the book?**

Joy: In the process of writing the book, I asked myself that question all the time, “Oh my Goddess, why did I sign up for this?”

Writing this book was super challenging. It stretched me. I walked through fire as I wrote, rewrote, edited, and reviewed the manuscript. I tested the ideas and became a student of the words. It was grueling at times.

On one level, I wrote the book for my own transformation. It clarified so much for me in terms of knowing what I know and finding out how much I really don't know. Writing this book was scary and humbling. It brought me to my knees. I had to face my fears of not being a 'good-enough' writer. And now I am facing my fears of bad reviews and disapproval (another expression of the 'not-good-enough' tape).

However, the initial impetus for writing *Inspired* came from my belief that humanity is undergoing a great change. The old models of gain and manipulation are outdated and painful. I wrote in order to share with others that life is not about acquiring things. It's about receiving. It's not about making things happen, it's about allowing things to happen. I wrote to introduce people to a new model of living.

I know that some people are feeling confused in this global transformation. The book is an offering to help people make sense of the changes and challenges they are going through. As people are questioning the status quo and the traditional ways we measure success, they need alternatives and applications. They need companion guides

and mentors. I include a lot of quotes from other Wisdom Warriors to illustrate this collective movement towards a new Earth.

Because I am a practical person, I wrote a book that was not all philosophy, but actually full of tips and tools that people can utilize right away, which is why I have the ‘Walk with the Wisdom’ sections, the Guidebook, and online courses. I want people to take this information and use it!

Lisa: **Which Wisdom is most challenging for you?**

Joy: Wisdom Two – You Deserve Love.

I wrote and rewrote that chapter until my publisher told me, “Enough. We have a deadline.” Writing about self-compassion was difficult for me. I got triggered by my own fears around not being loveable. Wisdom Two is full of both personal zingers and warm fuzzies.

Lisa: **Which Wisdom comes easiest for you?**

Joy: Both Wisdoms Six and Seven are the most natural for me. Gratitude and Giving are like cherries on the top of the Wisdom sundae. They are the organic outpourings of a soul inspired life. Besides, it is super fun to be grateful and I enjoy giving to others.

Lisa: **What did you learn in writing the book?**

Joy: I learned a lot! I learned how to fumble, fall, and find my balance again. I learned that writing a book is tedious, meticulous, time-consuming, and ultimately, a labor of love.

But the biggest lesson I learned (and gift) is humility. I had to let go of all my personality desires to 'prove myself' or to 'get recognition' from the book. I had to let go of 'protecting my reputation' and 'being liked.' I learned that I'm 'good enough' when I choose that I'm good enough. And, I am still learning all of this.

I read a quote from Joan of Arc. She said, 'I'm not afraid...I was born for this.' The more I realized I was born to practice and share this message, the less fear I felt. There are moments when we all shake in our boots and have butterflies in our stomachs. If we simply stay the course and come from our heart, we cannot lose, we can only give and grow.

Lisa: What is your hope for the reader?

Joy: I hope that readers experiment and study the Wisdoms in all areas of their lives, from career to relationships to health. I don't expect or want anyone to take my word for it. I encourage people to try on the Wisdoms for themselves. With courage, people can challenge stagnation and get into a flow state.

I hope people are gentle with themselves in the process. I hope that readers feel uplifted and go out and do good work in the world.

Lisa: **What is your biggest *why* — the biggest reason you do what you do?**

Joy: Love. Giving and receiving love (and inviting others to do the same). This is how we change the tides for a greater good.

It is what I see you doing, Lisa. Not everyone follows their passions like you do. I know it takes a lot of work to put on and publish your interviews and programs. Watching you over the years has really inspired me. Thank you.

I also want to thank everyone who is reading this interview (and the book). Any interest in *Inspired* signifies the desire to evolve, and evolving takes bravery. So, I applaud all you brave and brilliant people out there. Yes, that is YOU! Thank you.

Walking the Wisdoms with Joy

You are doing it. You are “walking the wisdoms” and taking action along your path of inspiration.

Welcome! You belong here.

There is no end to the path (that’s good news), and there are many soul inspired friends awaiting your contributions and eager to support you. You are not alone.

What I’ve found (and shared in *Inspired*) is that “good company” offers guidance, connection, and direction. We propel each other forward with grace and compassion. Together, we grow. Together, we achieve. Together, we are love in action. You belong with us. Join us.

Below are some ways you can continue to Walk the Wisdoms with Joy!

A Soul Inspired Life Online

www.ASoulInspiredLife.com is the hub!

Great resources await you, including the “Wisdom Activations” and other gifts. You’ll find a program schedule and invitations to grow.

Join the mailing list for special discounts and opportunities, as well as useful, proven, and effective insights and inspirations to become your most authentic self and turn your passions into your purpose.

Subscribe to my YouTube Channel (JoyTaylorInspired) as I “Talk Inspiration.” Watch truth-telling interviews with “Wisdom

Warriors,” plus pick up relevant and practical tools for soul inspired entrepreneurs, leaders, and courageous creators, like you.

Programs and Services

I love facilitating personal and professional breakthroughs.

Online Group Programs

The Codes to Confidence Course:

Give yourself the gift of 7 weeks to actualize a more bold, brave, and brilliant you. Bring out the best in yourself while enjoying a natural connection, momentum, and congruence with your soul signature. Very interactive in nature, join this safe and supportive environment as you understand and apply the codes to confidence. You'll be introduced to revolutionary skills that can become real game changers in how you live, love, and lead.

Your Soul Inspired Business:

Are you ready to launch a dream business? This program is based on proven entrepreneurial methods for starting and growing business, but with a little twist—everything is designed from the inside out. Create your products with your customer journey in mind. Clarify your message and infuse it with love (not fear). Develop compelling outreach and leave manipulation behind. Organize your business to avoid overwhelm. Find success utilizing the “ultimate-leverage” intuition.

Inspired Action Groups:

Much like a mastermind, you'll accelerate your projects in the presence of other soul inspired business owners and leaders. With powerful activations and benevolent energetics, I facilitate inspiration in action. These groups are limited in size to allow

for real-time business decisions and conscious choice points. You'll be amazed to see your professional intentions take flight, your creativity soar, and your personal power elevate.

In-person Retreats:

Here is your opportunity to be in the presence of a collective brilliance. Take the time to renew yourself, make new friends, and evolve. You'll be encouraged to take what you've learned in *Inspired* and go deeper. You'll explore your own inner knowing and experience breakthroughs. (You know how it is! Inspiration is creative and every live event is unique based on who attends.)

Private Consulting and Intensives:

If you are ready for big shifts in your life or career, let me be your business intuitive muse.

Inspirational Speaking:

For group presentations, guest webinars, or media interviews, see my signature talks and media sheet online.

Be a Wisdom Warrior

Start a Study Group

When you purchase *The Inspired Guidebook*, you'll learn more about creating small groups where you can share in discussions and activities to embody the Wisdoms. Join together and go through the book and guidebook in the company of like-minded and soul inspired friends.

Did this book change you?

I want to hear about your insights and "aha moments." Let me know what part of the book resonated with you and where you are on the path. When you review the book online, leave your

inspiration for others. This is how we encourage a more soul inspired planet.

Where are you inspired?

Post a photo of you with Inspired. Show us where you are reading it. Are you by the fireside, on the beach, with your cat, or having a cup of coffee? Maybe you are on a train in Europe or sitting on a mountain top. I want to know! Where are you *inspired*? Be creative and post on social media with: *#SoulInspired*
#IamInspired

Tag me @JoyTaylorInspired on Instagram or Facebook

Live, love, and lead your soul inspired life.

