

Dr. Joy McLaughlin-Harris

8 WAYS TO GET SHIFT TOGETHER

SHIFT WITH DR *Joy*™
MINISTRIES

TOUCH OF JOY
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Table of Contents.....

Shift 1.....Shift Your Mind

Shift 2.....Establish a Strong
Foundation of Faith

Shift 3....Connect with a Coach or
Mentor

Shift 4.....Attend Events

Shift 5.....Prioritize Self Care

Shift 6..... Establish Partnerships

Shift 7.....Take Courses

Shift 8.....Identify Your Mission &
Purpose

Shift 1

Shift Your Mindset

When you shift your mind, you change your life. Shifting your mind can lead to personal growth and improved well-being.

Practical Steps:

★ Practice Gratitude

Take notes in a gratitude journal of experience that bring you Joy

★ Visualization can reinforce your goals and boost your confidence.

Shift 2

Establish a strong foundation of **faith** and prioritize your spiritual growth through prayer, meditation, and studying religious texts.

Practical Steps:

★ Engage in regular community worship, seek fellowship with like-minded individuals, and participate in service projects to deepen your understanding and connection to your faith.

★ Embrace mindfulness to enhance your daily spiritual practice, and reflect on your beliefs through journaling.

Shift 3

Connect with an experienced mentor or coach who can offer you guidance/support.

Practical Steps:

★ Look for someone with a wealth of knowledge in your field of interest, as well as a track record of success.

Establish a mutually beneficial relationship by actively seeking their advice, asking questions, and sharing your goals.

★ Attend networking events, workshops, or seminars to find potential mentors, and consider using online platforms to connect with experts

Shift 4

Attend events where you are not the smartest person and get outside your comfort zone regularly.

Practical Steps:

Look for events that focus on topics you are passionate about
Be sure to followup from connections you made from the event



www.shiftwithdrjoy.com
for upcoming events

Shift 5

Prioritize self-care, rest, and spending quality time with loved ones to avoid burnout and maintain your faith.

Practical Steps:

- ★ Incorporate regular physical activity and a balanced diet to enhance your overall well-being.
- ★ Engage in hobbies that bring you joy and relaxation, and consider practicing gratitude to foster a positive mindset.
- ★ Schedule intentional time with friends and family, creating cherished memories that strengthen your bonds and provide support.

Shift 6

Form partnerships and collaborations with other businesses and organizations that align with your values and mission. These partnerships can provide mutual support, increased visibility, and expanded networks.

Practical Steps:

★ Identify collaborators whose goals complement yours, creating opportunities for synergistic projects that enhance each party's impact

★ Engage in community outreach through these collaborations, showcasing your collective commitment to shared values.

Shift 7

Take courses on business planning, marketing strategies, financial management, and leadership development.

Practical Steps:

★ Look for reputable online platforms or local institutions that offer these courses, and consider both foundational courses for fundamental understanding and advanced courses for deeper insights.

Shift 8

Identify your mission and purpose. This will enable you to align your business goals with faith to find fulfillment in work.

Practical Steps:

★ Reflect on your core values and what motivates you, as this will provide clarity on the impact you wish to make.

★ Craft a clear mission statement that encapsulates your vision and serves as a guiding principle for decision-making.



If you need further help getting shift together.
Book a discovery call today!!

shiftwithdrjoy.com





About Dr. Joy McLaughlin-Harris

Joy McLaughlin-Harris is a native of Gadsden, South Carolina. Joy is an International Speaker, Leadership Educator, Shift Doctor™, Re-Brand Coach and Realtor. She is the owner of Happy Joy Homes, Touch of Joy Interational and Touch of Joy Youth Foundation where she provides scholarships to young entrepreneurs that want to start their own business. Joy has an Associates of Arts Degree, Bachelor of Psychology and Masters in Organizational Leadership and Development.

Outside of being a successtul entrepreneur, she is a renowned Published Author, Certified Financial Literacy Coach, Community Acivist, wife and mother.

In 2011 Joy was crowned Columbia, South Carolina's Phenomenal Woman of the year. Joy has been featured in all over the world. on television as an awesome business women philanthropist and entrepreneur. Joy continues to work hard each day creating a platform

We help faith- based entrepreneurs make the shift from trading time in for money to getting your money to work for you.

Booking Info
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