

30 Day 
Jumpstart to
JOY
Journal

with Rachel Joy Baribeau



Are you ready to embrace the extraordinary power that resides within you?

I have spent the better part of a year putting my innermost thoughts on paper, writing *Relentless Joy* so I can share my story with you. Through the many ups and downs of my journey, I have discovered a joy that is like a sturdy old umbrella standing strong against the wind. The kind of joy that is battle-tested and maybe a little beat up, but you know it's going to hold in the worst tempest.

I've faced pain I wouldn't wish on anyone, but I still have joy. I have made the decision to be a JOYstarter, and I want to teach others to do the same.

I want that kind of joy for you, too. That's why I created the *30 Day Jumpstart to Joy Journal*. In these pages, you'll find daily affirmations that will help you cultivate a positive and joyful mindset.

I know firsthand how difficult it can be to maintain a sense of joy, especially when life throws you unexpected challenges. But I also know that it's possible.

Join me on this journey. Let's use the power of positive affirmations to transform our thoughts and actions, and start living a life filled with joy, purpose, and relentless positivity.

With JOY,

Rachel Joy Baribeau



Day 1



Instead of cursing my pain and my hard, I choose to get curious about what lies underneath.

When we experience pain or hardship, our first instinct is often to push it away or ignore it. We curse our circumstances and wish for things to be different. But what if we took a different approach?

Instead of pushing the pain away, we can choose to get curious about what lies underneath. What is this pain trying to teach us?

What lessons can we learn from this experience? By getting curious about our pain, we open ourselves up to new possibilities and deeper understanding. We may even find that our pain holds the key to unlocking our greatest potential.



The key to making affirmations work is to repeat them regularly and consistently. Would you prefer to look in the mirror and repeat your affirmations? Write them on sticky notes? Make up a song and sing them to yourself? Write about them in your journal? Take a moment to plan how you'll make time in your day for affirmations.

Day2



I am not defective, broken, or alone. I am a warrior with purpose!!

We each have unique gifts and talents to share with the world, and we are capable of overcoming any obstacle that comes our way.

When we repeat this affirmation, we shift our mindset from one of defeat to one of strength and resilience. We remind ourselves that we are not alone in our struggles, and that we have the power to persevere.

We are warriors, fighting for our dreams and goals with passion and determination.



As you start to see positive changes in your life, you'll begin to build confidence and belief in your affirmations. This can create a powerful positive feedback loop, where your affirmations become even more effective over time.

Day 3



Connection is the balm of JOY! Look for ways to connect to mother earth, people or animals today.

When we feel connected to others, to nature, and to the world around us, we experience a sense of deep fulfillment and purpose.

This affirmation encourages us to seek out connections in our daily lives, whether it's by spending time in nature, connecting with loved ones, or even reaching out to strangers with kindness and compassion.

By making an effort to connect with the world around us, we open ourselves up to new experiences and perspectives, leading to greater joy and fulfillment.



When we practice positive affirmations, we cultivate a deep sense of self-acceptance, compassion, and gratitude. These qualities radiate from within us and naturally draw others towards our positive energy.

Day 4



True wealth is not measured in dollars and cents, it is sharing my gifts and talents with the world and with people and knowing it has made a difference!

The joy that springs forth from uplifting and inspiring others is immeasurable, far surpassing any material wealth.

It is in those moments of connection, when we witness the positive influence of our gifts on those around us, that we truly grasp the depth of our own richness. The impact we create, no matter how small, can create a ripple effect of change that continues through time.



Affirmations are a tool to help you shift your mindset and manifest your desires. When you truly believe in what you're saying, you'll be amazed at what you can achieve.

Day 5



What are my unique talents and gifts? How could I use them today, and in the future, to help others?

Take a moment to reflect upon the passions that ignite your soul, the activities that bring you joy, and the skills that come effortlessly to you.

Imagine the profound impact you could make by sharing your talents, whether it's through acts of kindness, creative expression, or lending a helping hand to those in need.

Envision a future where your unique gifts are intertwined with your purpose, where you become a beacon of inspiration, lighting the way for others to embrace their own extraordinary abilities.



Your gifts are not meant to be kept hidden; they are meant to be shared and to ripple outward, enriching the lives of those around you.

Day 6



I choose to speak up about my mental health, knowing that it encourages others to seek help.

By breaking the chains of stigma and opening up about your own experiences, you can create a safe space for others to share their stories and seek the help they deserve.

Recognize that your vulnerability can inspire courage in others, showing them that they are not alone on their journey towards healing.

Your words plant seeds of empowerment, reminding those around you that seeking support is a sign of strength, not weakness.



By repeating positive statements, we rewire our thought patterns, replacing limiting beliefs and negative self-talk with empowering and uplifting thoughts.

Day 7

I am worthy, loved, capable, authentic, brave, and enough. And today is a gift that I will never get again!

This is a powerful reminder of your inherent worthiness, your boundless capabilities, and the immeasurable value of embracing your authentic self, ultimately empowering you to seize the day and live life to its fullest.

You are deserving of love, respect, and all the good things life has to offer. And, you possess the courage to face life's uncertainties with bravery and resilience.

Anchoring yourself in the present moment, you recognize the preciousness of each day and the opportunity it holds for growth, joy, and making a positive impact.



By acknowledging your capabilities, you empower yourself to step into your full potential, confident in your ability to overcome challenges and achieve your goals.

Day 8



Today I will speak to myself with all the love and compassion that I have for others because I know deep down that my relationship with myself affects how I show up in every other relationship in my life.

When you honor and value yourself, you create space for authentic connections and meaningful interactions. The love and compassion you extend to yourself become the guiding force that shapes your interactions, allowing you to show up with kindness, empathy, and understanding in every relationship.

Your relationship with yourself serves as the blueprint for all other relationships, influencing how you give and receive love, how you set boundaries, and how you navigate challenges.



Commit to nurturing a loving and compassionate relationship with yourself, knowing that it holds the key to creating deep and meaningful connections with others.

Day 9



I will not wish for Fridays and dread Mondays. I will take steps to LOVE this one great life I've been given.

Within this affirmation lies a powerful shift in perspective—a commitment to embrace the present moment and find joy in the journey of life.

In rejecting the notion of living for the weekends or being trapped in a cycle of longing for escape, you choose to find fulfillment and happiness in each day, recognizing that life is a precious gift meant to be cherished.

When we choose to love this one great life, we awaken to the limitless possibilities that exist within each day, realizing that every moment holds the potential for joy, learning, and meaningful connections



Life is not about waiting for the perfect circumstances or future milestones, but rather about finding contentment and purpose in the here and now.

Day 10

I surround myself with dream builders, not dream killers, knowing I can still love these people but also protect my soul with loving boundaries at the same time.

This affirmation signifies a conscious choice to seek out and cultivate connections with people who genuinely believe in you, your dreams, and your potential.

Dream builders inspire and motivate, offering encouragement, guidance, and a helping hand along your journey. They celebrate your successes and provide a safe space for you to share your aspirations openly.

While you may still love those who may not align with your dreams or may unintentionally hinder your progress, it is crucial to establish and maintain loving boundaries.



You can prioritize your own growth and protect your energy while still maintaining love and compassion for others.

Day 11



I was born to leave a legacy, take care of myself, be vulnerable, and do great things.

This affirmation is a reminder that you are not simply a passive observer of life, but an active participant with the power to shape your own narrative and leave a lasting imprint.

You possess the ability to create a meaningful legacy, one that extends beyond your own lifetime and positively influences the lives of others.

This legacy may be forged through acts of kindness, through sharing your talents and passions, or through inspiring and uplifting those around you.



You are capable of achieving greatness in your own unique way. Dream big, set audacious goals, and step out of your comfort zone to pursue your passions and make a positive difference in the world.

Day 12

I am not alone; I am so loved, so valuable, so strong, and capable.

This affirmation is a reminder that you are inherently deserving of love, respect, and compassion. You are capable of navigating life's complexities, making choices aligned with your values, and pursuing your dreams.

Your value does not depend on external achievements, possessions, or comparisons to others. You are valuable in your own right, with your unique qualities, talents, and perspectives.

You have faced challenges and overcome obstacles throughout your life, demonstrating your capability to endure and grow. You possess an inherent strength that has carried you through difficult times, and it continues to empower you to face whatever comes your way.



You do not live in isolation. You are interconnected and supported by a vast web of love and connection. You are surrounded by a network of people who care for you deeply, who cherish you for who you are, and who believe in your inherent worth.

Day 13



I am royalty, and I deserve to be treated as such. I will evaluate the relationships in my life so see if they serve my highest self.

By recognizing your royalty, you invite a higher level of love, respect, and fulfillment into your life, fostering an environment that supports your highest self, which allows you to shine brightly as the magnificent being that you are.

You are deserving of the utmost regard and have an intrinsic right to be treated with respect, honor, and kindness.

Stand tall in your authenticity, set healthy boundaries, and cultivate relationships that uplift, honor, and appreciate your unique qualities and contributions.



You have the agency and power to create a life filled with relationships that honor and value your true essence. Choose empowering connections that uplift you, inspire you, and help you thrive on your journey.

Day 14

Miracles happen when I pursue my purpose in life. And they don't happen in the comfort zone. I must be comfortable being uncomfortable.

Growth, expansion, and profound change often require us to venture into the unknown, to face challenges, and to push beyond our self-imposed limitations.

Embrace the discomfort that comes with stepping into uncharted territory, knowing that it is within these moments of discomfort that you will find the greatest opportunities for growth and transformation.



Push through fear, embrace uncertainty, and trust the journey ahead, knowing that the pursuit of your purpose holds the key to experiencing life's extraordinary wonders.

Day 15



I recognize that mental health struggles do not define me, and I am more than my challenges!

You are not limited by your struggles and have the capacity to overcome and transcend them.

Treat yourself with compassion and understanding, acknowledging that healing and growth take time and effort. Practice self-care, nurturing your mind, body, and spirit.

Surround yourself with supportive individuals who uplift and encourage you. Seek professional help and utilize resources that can assist you on your journey.

Trust in your ability to face challenges head-on and make choices that align with your well-being and happiness.



You are not defined by your mental health struggles. They are a part of your story, but they do not diminish your worth or limit your potential.

Day 16

Courage is not the absence of fear, but it's moving in the face of fear.

Courage goes beyond the absence of fear. It is a force that emerges within you, propelling you forward even when fear is present. It is acknowledging that fear is a natural human response, but it does not have to dictate your actions or hold you back from pursuing what truly matters to you.

Courage is a muscle that can be strengthened over time. It requires acknowledging your fears, examining them with curiosity, and deciding to take action anyway. It is about embracing discomfort and stepping outside of your comfort zone, knowing that growth and transformation lie just beyond its boundaries.



Embrace the belief that you are capable of facing whatever comes your way, even if it feels uncomfortable or uncertain.

Day 17

I am a Queen/King/Royal under construction, God did not make a mistake when he created me. I am constantly growing and evolving.

You are a majestic Queen/King/Royal in the process of becoming, continuously evolving into the person you are meant to be.

It is crucial to understand that there are no mistakes in the divine design of your creation. Each aspect of who you are, both your strengths and areas for growth, contribute to your unique essence and purpose.

Embrace the mindset that there is always room for improvement, refinement, and transformation. It is within life's challenging moments that you discover your true strength and resilience.



As you embark on this transformative journey, it is essential to extend grace and compassion to yourself. Understand that growth takes time and patience. Embrace the process of self-discovery and self-acceptance, honoring every step along the way.

Day 18

I use my pain to fuel my purpose. I will get better, not bitter.

You have the power to transform your pain into a driving force for your purpose.

This affirmation speaks to the resilience within you and the choice you have to respond to adversity. Instead of allowing your pain to consume you and make you bitter, you choose to channel it towards your growth and greater meaning.

It means refusing to let resentment or negativity define your path. Instead, choosing to actively work towards healing, growth, and self-improvement.

By using your pain as a catalyst for personal and collective transformation, you not only reclaim your own narrative but also inspire others to do the same.



Choose to become better instead of bitter. You have the power to transform your experiences into thoughts and actions that positively impact your life and the lives of others.

Day 19

I have the power to change the narrative of my life and the world. I am not powerless or insignificant. My contribution matters greatly.

You hold the extraordinary power to rewrite the narrative of your life and the world around you.

This affirmation reminds you that you are not powerless or insignificant, but rather an influential force capable of making a meaningful impact.

Your unique contribution holds immense significance, and by recognizing your power, you can shape a brighter future for yourself and others. Embrace your potential and believe in the transformative power you possess.

Let your light shine brightly for all to see.



Embrace the belief that you have the ability to change the narrative of your life and the world. Your contributions matter greatly, and by recognizing your significance, you unleash your potential to create a lasting impact.

Day 20

My imperfections make me unique and special. People are drawn to my broken parts made beautiful.

Your imperfections add depth and character to who you are as a person. They are integral parts of your identity and journey.

Rather than striving for some ideal of perfection, recognize that it is through your imperfections that you truly stand out and connect with others.

These broken parts that you have transformed into something beautiful carry a story of resilience, courage, and self-acceptance. People are naturally drawn to the genuine and authentic aspects of your being. Your imperfections serve as a bridge of understanding, empathy, and relatability, allowing others to see their own struggles mirrored in your journey.



Through your imperfections, you become a living testament to the fact that growth and beauty can emerge from even the most challenging circumstances.

Day 21

Life is not about me, but about making a difference in others' lives. This is the GREATEST secret to life: it's not about me.

True meaning and purpose are found in making a positive difference in the lives of those around you.

When you embrace the understanding that life is not solely about you, a transformative shift occurs within your perspective.

It opens your heart and mind to the needs, joys, and struggles of others, fostering empathy, compassion, and a genuine desire to contribute to their well-being.

It is through uplifting others, supporting them in their journey, and bringing light into their lives that you experience a profound sense of purpose and joy.



Embrace the selfless pursuit of making a difference, and in doing so, you will discover a sense of purpose, fulfillment, and true happiness that surpasses any self-centered pursuit.

Day 22



My story has the potential to impact and inspire others. I must be willing to share it. However I start, I will commit to sharing my story with others.

Within the depths of your unique story lies the power to touch lives and ignite inspiration in others.

No matter how you choose to begin, make a steadfast commitment to share your story with the world.

Recognize that your story is a tapestry woven with moments of triumph, resilience, growth, and even moments of vulnerability or pain.

Each chapter, each twist and turn, holds lessons and insights that can resonate with others who may be walking a similar path.



Be willing to share your story. It is through vulnerability and authenticity that connections are formed, hearts are touched, and lives are transformed.

Day 23

I am grateful for my story, the hard rocky places and the mountain tops. All of it has made me who I am.

Embrace gratitude for every chapter of your life, whether it led you through rugged, challenging terrains or took you to breathtaking mountain peaks.

Each experience, whether difficult or joyful, has played a vital role in shaping the person you are today. Recognize that the sum of these moments, both high and low, has woven together to create the unique and resilient individual that stands before you.

Acknowledge the significance of every twist, turn, and detour along the way.



Your story is a testament to your resilience, growth, and the unique path that has shaped you into the remarkable individual you are.

Day 24

My mistakes and failures do not define me, they are powerful teaching tools if I am willing to listen and learn.

Each mistake or failure carries valuable lessons and insights that can shape your path forward. When you approach them with an open mind and a willingness to learn, you tap into their transformative power. Rather than being discouraged or defeated, see them as stepping stones toward personal evolution.

Instead of dwelling on past errors, become an active participant in your own growth, extracting valuable lessons from each misstep.

It takes courage to acknowledge and learn from your mistakes. It requires a willingness to face your vulnerabilities, shortcomings, and areas for improvement head-on. However, it is through this process of self-reflection and introspection that you gain valuable insights and develop resilience.



Mistakes and failures do not define you. See them as powerful teaching tools that offer valuable insights and lessons. Listen to their teachings, learn from them, and use them to propel yourself forward on your journey of personal and professional growth.

Day 25



There is so much goodness in the world, so much joy. It's just a matter of what I focus on. I choose to focus on the good without ignoring the hard.

There is an abundance of goodness and joy surrounding you. It is within your power to decide what captures your attention and shapes your perspective. Choose to direct your focus towards the positive aspects of life, while acknowledging and addressing the challenges that may arise.

By consciously choosing to focus on the good, you invite a sense of gratitude and appreciation into your daily existence.

Allow yourself to notice and celebrate the small moments of beauty, kindness, and joy that are scattered throughout your journey. Whether it's a gentle breeze on a sunny day, a heartfelt conversation with a loved one, or witnessing an act of compassion, there is an endless array of goodness waiting to be acknowledged.



Shifting your focus towards the good does not imply ignoring or denying the existence of hardships. Instead, it empowers you to approach those challenges with a mindset rooted in hope, gratitude, and optimism.

Day 26



Sharing my struggles with mental health can and will change someone's life. I have to be brave enough to share.

Recognize the immense impact of sharing your struggles with mental health on the lives of others. Within your journey lies the power to bring about positive change and transformation in someone else's life.

It requires bravery and vulnerability, but the potential to make a difference is immeasurable.

When you courageously open up about your own mental health, you create a safe space for others to do the same. Your willingness to share fosters a sense of connection, empathy, and understanding. It breaks down the walls of isolation that often accompany mental health challenges, reminding others that they are not alone in their experiences.



Remember that your story holds immense power. By sharing your journey, you provide hope and inspiration to those who may be struggling in silence.

Day 27

I am SO worthy of all the good things that come into my life, and I embrace them with gratitude. I will let people give me their flowers. (Whew!)

You are deserving of love, abundance, and joy, and it is essential to acknowledge and accept these gifts with gratitude. Allow others to express their appreciation and admiration for you, accepting their gestures of kindness and recognition without hesitation.

By affirming your worthiness, you release any self-doubt or limiting beliefs that may have held you back. You recognize that you are deserving of all the beautiful experiences, opportunities, and relationships that come your way. Embrace these blessings wholeheartedly, knowing that they are manifestations of your own inherent value and the positive energy you radiate into the world.



Embrace a mindset of abundance, recognizing that there is more than enough love, joy, and success to go around. Open yourself up to the blessings that come your way, and allow yourself to bask in their warmth and beauty.

Day 28

I am so grateful for the journey of my life. Every twist and turn has made me who I am and for that I am so grateful!

Every twist and turn, every triumph and setback, has played a crucial role in shaping you into the person you are today. Gratitude is the key that unlocks the treasure trove of life's experiences. It allows you to embrace both the smooth and bumpy paths with equal appreciation, for each has contributed to your growth and resilience.

By expressing gratitude for your journey, you acknowledge that every experience has contributed to your personal development. The challenges you faced have forged your character and instilled within you a tenacious spirit.

They have shown you the depths of your inner strength and resilience, proving that you are capable of overcoming obstacles and thriving amidst adversity.



Express gratitude for the strength, wisdom, and growth that have emerged from both the challenges and joys. Embrace the journey with an open heart and a grateful spirit, knowing that every step has led you to this very moment, where you stand strong and ready to embrace the future with gratitude and resilience.

Day 29

The things we fear the most often lead to the greatest growth and peace. Step into that fear. Do it afraid.

By acknowledging and confronting your fears, you embark on a journey of personal growth and expansion. The very challenges that evoke fear and discomfort present opportunities for learning, resilience, and self-improvement.

It is through facing these fears that you unlock hidden potential and discover capabilities you never knew existed within you.

Stepping into fear requires embracing vulnerability and uncertainty. It means pushing beyond the boundaries of your comfort zone and venturing into uncharted territories.

Even if you feel afraid, taking that first step is an act of bravery and a testament to your commitment to personal growth.



Fear is a natural part of the human experience. However, choosing to do it afraid is a powerful affirmation of your resilience and determination.

Day 30

I can revive the dreams I thought were lost. As long as I am breathing there is still time.

Embrace the present moment and the endless possibilities it holds. Your journey is not bound by a timeline or constrained by the expectations of others.

Your dreams can be reignited and pursued with renewed passion and determination.

Trust in your abilities and tap into your creative spirit. Allow yourself to dream big and set new goals that align with your authentic desires.

The passage of time does not diminish your capacity to pursue your dreams; it simply highlights the importance of embracing the present and taking intentional steps towards their realization.



As long as you are alive and breathing, there is always room for growth, change, and the pursuit of your dreams.

Reflections:



If you enjoyed this journal, you'll love my book, *Relentless Joy*. If you don't already have a copy, pick up a copy anywhere books are sold!

Reflections:



Do you have a friend or family member who could use more joy in their life? Check out the Joystarters Club! Be part of a movement to create a more joyful world: JoystartersClub.com



Thank you!

I hope you enjoyed this 30 day experience with the affirmations I use myself!

If you haven't yet, be sure to pick up a copy of my new book, "**Relentless Joy**" (available June 20, 2023).

And follow me on social media



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