

# Inner Freedom Method™ Play Sheet

## Expand Your Capacity for Joy

We resist the “feeling” of joy just as much as we resist discomfort! Strange but true.

Make a plan to do something really fun with someone you enjoy that is outside of your current comfort zone. Let them know that you are going to expand your comfort zone for fun and joy.

As you get into it, notice where you stop or resist or hold yourself back from FULLY diving into the experience.

Notice where you are holding back to avoid full expression or potential embarrassment.

Take time outs along the way FEEL the energy in your body. You will likely have memory pops of younger experiences where you were doing something that was joyful for you but something went wrong.

Keep Going. Feel into it.

Embrace the FULL experience as much as possible. If other people are involved, step up with them especially if they have more experience doing whatever it is; even lead them in expressing the joy or experiencing the fun more fully

Describe what happened...

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Be sure to share the joy on your game card!