

"Every morning is a fresh beginning.
Every day is the world made new." - Sarah
Breathnach



TIME TO SHINE:
YOUR GUIDE FOR A GLORIOUS DAY - FROM DONNA'S
DIVINE JOY COACHING!

Donna Joyl

WWW.DONNASOOKRAJ.COM



Welcome!

Hi! I'm Donna, a wife, married 41 years, a mom of two wonderful married adult children, we're empty nesters, now a Gramma and I am a teacher turned Entrepreneur.

ABOUT ME



I've been on an incredible journey of growth and transformation over the last several months, and I can't help but share the joy and empowerment it's brought into my life. I have also included some practical lists for those of you who need a little help with organization! That would be ME! 🌈

I am bubbling with excitement to share something special with you.

☀️ Imagine a space where healing, creativity, and community converge for sensitive Kingdom entrepreneurs like you—especially those of us at the empty nest stage, yearning not just to survive but to flourish and keep up with our precious littles.

Nourish, Transform, Grow!

God gives us the Oil of Joy for places of Mourning so I combined them to be Joy + Oil is Joy!

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"THE SUN IS A DAILY REMINDER THAT WE TOO
CAN RISE AGAIN FROM THE DARKNESS, THAT
WE TOO CAN SHINE OUR OWN LIGHT." - S.
AJNA

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DONNA'S BUSINESS TREE

TIPS FOR A GLORIOUS DAY

T - THANKFUL:

- Tip: Begin your day with gratitude, planning it around prayer, praise, scripture, silence, and meditating on God's goodness.
- Breath in and reflect on the Harmony of earth and heaven
- Scripture: "Give thanks to the Lord, for he is good; his love endures forever." (1 Chronicles 16:34)

R - RELEASE AND REALIZE:

- Tip: Release old negative thoughts, realizing the reality of the light and love streaming from heaven.
Breath in and Release the old and receive what is released from heaven
- Scripture: "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." (Romans 12:2)

E - EXPLORE

- Tip: Explore God's world, noticing how He might be communicating through nature and relationships. Learn to resolve old wounds by communicating better with people.
- Breath in and think about Present Time and care for your Inner Child
- Scripture: "The heavens declare the glory of God; the skies proclaim the work of his hands." (Psalm 19:1)

E - EXPERIENCE:

- Tip: Experience the freedom to test out your wings under God's wings.
Recognize that your creator sings over you, understanding that He created you to soar beyond everyday worries.
- Breath in Forgiveness and think of how God made you a woman of Valor
- Scripture: "For you have been my hope, Sovereign Lord, my confidence since my youth. From birth I have relied on you; you brought me forth from my mother's womb. I will ever praise you." (Psalm 71:5-6)

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SELF CARE

Checklist



	M	T	W	TH	F	SA	SU
Drink a glass of water to start the day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Enjoy 45 minutes of exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get some fresh air	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have a healthy breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Enjoy a warm morning drink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plan out your day in your planner	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretch your body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take regular breaks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Enjoy some sunshine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take hot/Cold bath or shower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read the bible or favorite book	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Play some invigorating music	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Disconnect from social media	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat a healthy snack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Wind down by avoiding bright light at night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get in bed before 10pm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WEEKLY

Cleaning Checklist

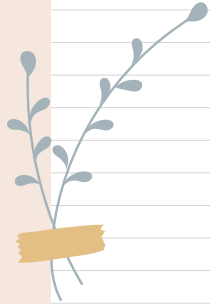


Everyday

- ☐ wash dishes
- ☐ make bed
- ☐ take out trash
- ☐ wipe down kitchen counters
- ☐ vacuum
- ☐ laundry

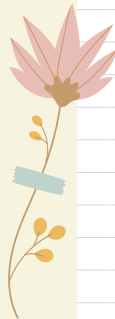
Wednesday (bathroom)

- ☐ wipe down mirrors
- ☐ clean toilets
- ☐ clean showers and bathtubs
- ☐ straighten inside of cabinets
- ☐ wash towels
- ☐ sweep and mop



Monday (kitchen + dining room)

- ☐ wipe down outside of fridge
- ☐ wipe down sink, counters, table
- ☐ spot clean cabinets
- ☐ clean microwave
- ☐ wipe down appliances and stove
- ☐ clean windows
- ☐ wipe down chairs
- ☐ sweep and mop

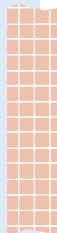


Thursday (bedroom)

- ☐ wipe down night stands
- ☐ remove the dust
- ☐ straighten closet and dresser
- ☐ wipe down window
- ☐ wash bed linens
- ☐ organize skincare products

Tuesday (living room and desk)

- ☐ wipe down all counters
- ☐ remove the dust
- ☐ organize desk
- ☐ clean windows
- ☐ empty trash
- ☐ tidy up the books



Friday (random)

- ☐ straighten laundry room
- ☐ iron clothing
- ☐ fold and put away laundry
- ☐ disinfect shower curtains
- ☐ wipe down washer and dryer
- ☐ straighten craft area
- ☐ organize the shoe closet



HOW I SPEND MY DAY

DATE:

TODAY'S AFFIRMATION

I'M THANKFUL FOR

1

2

3

4

TODAY'S GOALS

1

2

3

TOP PRIORITIES

1

2

3

MEALS

BREAKFAST

LUNCH

DINNER

SNACKS

WATER



TO-DO LIST

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TOMORROW'S GOALS

1

2

3

GOOD MORNING!

EXPRESS THANKS

Steps to connect with God set a timer for 5-10 minutes for each step

Master My Morning Routine
by Coach Gail Root

Silence

Scripture

Vision

Reading

Journal

Calendar



Morning Reflection Checklist for a Glorious Day

- 🌟 Let Go of Negativity:
 - Release negative thoughts from the previous day.
 - Embrace today as a fresh start.
- 🙏 Forgive and Seek Forgiveness:
 - Ask God to help you forgive yourself and others.
 - Find peace and healing through forgiveness.
- ☁️ Worry Management:
 - Put your worries in a "Happy Jar."
 - Trust that God will work everything out.
- ✍️ Celebrate Success:
 - Write a letter to yourself.
 - Highlight the wonderful things that happened that day or week.



MASTER YOUR MORNING ROUTINE FOR A GLORIOUS DAY



This is what helps me have a more glorious day. I learned this from Gail Root, an amazing coach who reminds us that the day belongs to God, and we are to serve in our business from that place. These steps from her book Master Your Morning have helped me and many other women gain back sanity to their mornings. Love to hear how these steps help you.

Set a timer for 5-10 minutes for each step.

Master My Morning Routine by Coach Gail Root:

Silence:

Start your day in quiet reflection.

Let go of negative things that happened the day before.

Embrace today as a new beginning.

Scripture:

Read a passage from the Bible.

Ask God to help you forgive yourself and others

Vision

Visualize your goals and dreams.

Put your worries in a "Happy Jar" and believe that God will work it out.

Reading:

Read a book or article that inspires you.

Feed your mind with positive and uplifting content.

Journal:

Write a letter to yourself highlighting the wonderful things that happened.

Reflect on your experiences and express gratitude.

Calendar:

Plan your day and set your intentions.

Align your schedule with your goals and priorities.



MORNING REFLECTION CHECKLIST FOR A GLORIOUS DAY



- 🌟 Let Go of Negativity:
 - Release negative thoughts from the previous day.
 - Embrace today as a fresh start.
- 🙏 Forgive and Seek Forgiveness:
 - Ask God to help you forgive yourself and others.
 - Find peace and healing through forgiveness.
- ☁️ Worry Management:
 - Put your worries in a "Happy Jar."
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- 🎉 Celebrate Success:
 - Write a letter to yourself.
 - Highlight the wonderful things that happened that day or week.



BENEFITS OF STARTING OUR DAY WITH REFLECTION!



Increased Energy:

- ✓ Boosts your spirit
- ✓ Provides sustained energy throughout the day
- ✓ Reduces feelings of fatigue

Better Relationships:

- ✓ Helps process emotions and thoughts
- ✓ Enhances positive interactions
- ✓ Deepens connections with others

Financial Prosperity in Business:

- ✓ Improves decision-making
- ✓ Enhances creativity
- ✓ Contributes to greater financial success

Happy Outlook:

- ✓ Fosters a positive mindset
- ✓ Promotes overall happiness and contentment
- ✓ Reduces negative thoughts and stress

Preparedness for Crisis:

- ✓ Equips you with inner strength and calm
- ✓ Enhances resilience in the face of challenges
- ✓ Enables graceful handling of unexpected situations



READY TO CULTIVATE A LIFE THAT FLOURISHES UNDER GOD'S CARE?



Are you at that stage where you desire someone to walk alongside you, helping navigate the intricate dance of soul care and help you prepare and emotional toolkit for your Marketplace Ministry business?

SCHEDULE A FREE CALL



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READY TO GROW AND FLOURISH



I've been where you are, overwhelmed by the challenges in your life and business. Let's take this journey together!

My Story:

I felt like giving up when things got tough.
I lacked the support of my community.
I struggled to face challenges with confidence.
I lacked the strength to overcome obstacles.
I couldn't see His greater plan for my life.

What I've Learned and want to share:

How to soar into all God is calling you to be.
How to nourish your body, nurture your soul, and grow.

Donna's Divine Joy Coaching and Programs:

Freedom to Soar: It's time to nourish your soul so you can truly flourish. ✨

Are You Ready for the Journey?

Book a Call: Let's start this transformative journey together!

SCHEDULE A FREE CALL

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