

Welcome to the Rebellion, Fellow Joymaker.



First things first, who is a Joymaker?

Joymaker • a rare kind of leader known for igniting hugs, laughs, smiles, and **REAL** human connection.



Courageous
Leadership



Real
Connection



JOY

In this free course, you'll learn the 10 secrets
of top Joy Facilitators.

You don't need the showy stuff to create
experiences people can't stop talking about.

10 principles.
10 personal habits.
10 small challenges.

Adopt them, and transform
from a standard event-planner
into a magnetic joy facilitator.

Joy multiplies when shared.



THE ULTIMATE PED

PERFORMANCE
ENHANCEMENT DRUG

100%

PRIORITIZE SLEEP.

THE QUALITY OF YOUR REST DIRECTLY PREDICTS THE QUALITY OF PRESENCE YOU BRING TO YOUR AUDIENCE. NEVER SHOW UP LOW-ENERGY.

MY HABIT

THE SLEEP ATHLETE ROUTINE

Wind down for two full hours before bed.
Zero stimulation for the brain or body.
Treat rest like a professional sport.

YOUR CHALLENGE

THE 1-HOUR SCREEN BLACKOUT

Shut off (or switch to airplane mode) all screens exactly one hour before bed tonight.


$$\left[\text{broccoli} + \text{shoe} + \text{water drop} \right] = \text{FUTURE JOY}$$

INVEST IN FUTURE JOY.

Physical energy is the raw fuel for joy. Build it steadily through healthy daily choices, because low-energy hosts inevitably create low-energy rooms.

MY HABIT

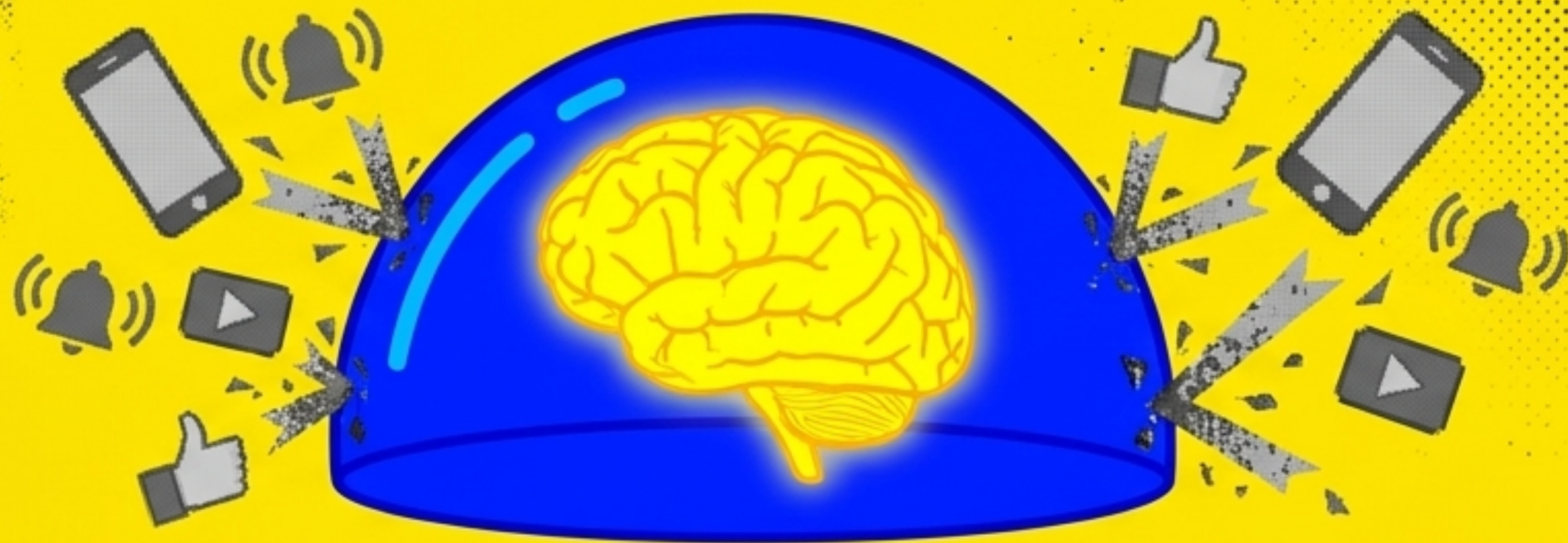
THE MORNING FUEL

Start the day with a high-vitality smoothie: broccoli, flax seed, and mixed berries.

YOUR CHALLENGE

THE PACING PROTOCOL

Walk while you are on the phone today. It adds up and generates immediate physical momentum.



PROTECT YOUR ATTENTION.

Attention is your absolute most valuable resource for connection, but your brain is under 21st-century algorithmic siege. Guard it fiercely.

MY HABIT

THE NOTIFICATION PURGE

Turn off ALL notifications except for incoming phone calls. Remove all social media apps from the phone entirely.

YOUR CHALLENGE

DELETE THE CULPRITS

Delete your short-form content apps right now. They are the primary thieves of your social presence.



CULTIVATE SOCIAL OPTIMISM

ASSUME THE ABSOLUTE BEST IN OTHERS. PEOPLE ARE KIND, INTERESTING, AND BRIMMING WITH JOY WAITING TO BE UNLOCKED—NOT HOW THE MEDIA PORTRAYS THEM.

MY HABIT

THE GOODNESS JOURNAL

WRITE DAILY ABOUT THE SPECIFIC, UNDENIABLE GOODNESS YOU NOTICE IN THE PEOPLE AROUND YOU.

YOUR CHALLENGE

THE STRANGER TEST

ASK ONE STRANGER TODAY, "HOW'S YOUR DAY?" NOTICE HOW MUCH FRIENDLIER THEY ACTUALLY ARE THAN YOU EXPECTED.

**UNSETTLING
EVENT**



**PHYSIOLOGICAL
SIGH**

MANAGE YOUR EMOTIONAL STATE

EMOTIONS ARE HIGHLY CONTAGIOUS. CHOOSE EXACTLY WHAT YOU SPREAD.
ELEVATE OR RESET YOUR STATE THE MOMENT LIFE KNOCKS YOU DOWN.

MY HABIT

TACTICAL BREATHING

Perform physiological sighs throughout the day to reset the nervous system—especially at red lights or after frustrating events.

YOUR CHALLENGE

THE THRESHOLD PAUSE

Before entering any social setting, pause and ask: "How am I feeling?" Reset your state before you cross the threshold.

S 

**Squarely
face them.**

O 

**Open your
posture.**

L 

Lean in.

A 

**Attention via
eye contact.**

R 

Relax.

GIVE UNDIVIDED ATTENTION.

**Distraction destroys connection faster than anything else.
Make people feel like they are the only human being in the room.**

MY HABIT

S.O.L.A.R. LISTENING

Deploy the 5-part physical checklist
above to guarantee your body language
matches your intent.

YOUR CHALLENGE

THE DIGITAL SHUTDOWN

Turn off all notifications the exact moment
you begin socializing. No vibrating pockets.
No glancing at screens.



SHARE YOUR JOY SHAMELESSLY.

Release the fear of being "too much." Offer your good energy freely to anyone open to receiving it.

MY HABIT

THE SHAMELESS CHEERLEADER



Actively cheer people on. Give immediate high-fives when someone shares something virtuous, brave, or impressive.

YOUR CHALLENGE

THE UNDENIABLE GREETING



Greet people today with undeniable, visible excitement and real hugs. Set the tone in the first second.

Smart, Formal
& Put-Together

Goofy, Imperfect
& Safe



SHOW YOUR GOOFY SIDE.

Choose joy over looking formal. Dropping the act instantly signals to others that it is safe to be imperfect in your presence.

MY HABIT

Absurd Introductions

Make fun of yourself. Introduce yourself absurdly to break the ice (e.g., "I'm a natural drug dealer of joy").

YOUR CHALLENGE

The Disarming Wardrobe

Wear one fun, highly colorful, or slightly absurd piece of clothing next time you go out. Let your outfit disarm people before you even speak.

Small Talk



**Deep
Connection**

Dig for Gems.

Guide conversations with deep curiosity. Uncover the gold in absolutely everyone you meet by asking creative, unexpected questions.

My Habit

The Miner's Questions

Bypass "What do you do?" Instead, ask: "What are you really good at?" or "What's something you've experienced that no one else has?"

Your Challenge

The Vitality Question

Ask this exact question more often in your daily interactions: "What makes you come alive?"



Lead “Vitalizers”

Stop hoping good conversations happen by chance. Lead games and structured activities that bypass small talk to actively engineer play and vulnerability.

My Habit

The Prompted Huddle

Start group huddles where people take turns answering structured prompts like: “One thing I am uniquely great at is...”

Your Challenge

The Game Master

Host a gathering this week and introduce your friends to a brand new structured game or conversation prompt. Be the architect of the room’s energy.