



HOW TO SOAR WHEN YOU FEEL DEFEATED

by JAKKI GIOIA

Things not go the way you wanted or hoped? We've all been there. How do you continue to move forward when you feel this way? How do you dig yourself out of this perceived hole?

Welcome to your NEW chapter!

Hello! I'm Jakki Gioia. I am a self-help author, self-love & empowerment coach, holistic healer, songwriter and dance instructor and I wrote this book because I have been where you are:

- *I know what it's like to be injured doing what you love and have to stop.*
- *I know what it's like to pour your energy into a relationship and get minimized, rejected and criticized.*
- *I know what it's like to pour your heart into your business, have to close it and start over from scratch in a new state.*
- *I know what it's like to be lost and pray for direction time and again.*
- *And I know what's it's like to make your dog snuggle with you to make up for the lack of a partner!*
- *And I know what it's like to want a child and be told you can't.*
- *Yes, I know what it's like to grieve loss over and over.*

But I also know what's it's like to be successful, find your soulmate, feel the magic of having things work out when the deck seemed stacked against you. and the relief of getting debt off your back, I know the joy of being successful with a passion you thought was long gone and the delight of making new connections that feel right on a deep soul level. And I understand the work it takes to overcome obstacles and the freedom of what it's like when you're in 'the flow'. And I want you to feel the same way too. That's why I wrote this guide. It is the result of my learning during my difficult times. And while it is a quick and easy read, it is a process that will take as long as you need depending on your commitment. I am here to assist your healing journey with personalized sessions and products and you can find more about that at the end of this book. I wish you well and hope to be a part of your new chapter!

Here's 20 real practical strategies for getting the life you want.

1. Reach out! Ask for help, Lean on someone. Discuss your ideas with people



you can trust. We all like to think we can do this 'life thing' on our own, but reality is, we all need someone to lean on from time to time. It is not failure to ask for help, although it may feel like it. In life we are often given opportunities

to take it easy, or to learn other ways of doing things that would require guidance of another. Sharing ideas can often bring new solutions and get your fire burning for what's new. We were all blessed with different ways of thinking and you never know when someone else's inspiration will lead us to new ideas of our own. It is necessary and essential to our development to receive help from others and to support each other. As they say, there is no 'I' in team! Let yourself be carried when you're tired. It's going to be ok! You are NOT a failure!

When I returned to my parents' home after leaving an abusive marriage and closing my business, I felt like a failure. But being with supportive family gave me a healing space to reclaim my energy and take time to decide what was next. It allowed time for personal growth, room for creativity and helped me find solutions for my business ideas going forward. I also learned how to accept help from others who wanted to give freely, without strings. This was a hard lesson, but it taught me that there are good, generous people in this world who want to give and denying them that ability is an injustice to them. Don't be afraid to accept help from people who care!

2. Stop judging yourself, blaming others or your situation and forgive.

What happened, happened. All you can do is learn from it. Accept it, Understand why you are where you are and work daily on your plan to improve it. Some things that happen can be karmic lessons that we had no control over so please don't be hard on yourself. Remember, no negativity! It can be a

challenge, but you are worth it! When you are hard on yourself, energetically it gives others permission to be hard on you. Is that what you *really* want? When you blame others, you isolate yourself further and you give them power over you. We always have choices, and if we are not happy with our choices, we can CHOOSE a different path. At every moment there is a choice. Your next one is, how do you choose to live the next chapter of your life?

Being in an abusive relationship where alcohol is involved was not a path I would have consciously chosen, but it happened over time. As I sought answers to the "How did this happen to ME?", I learned about past lives and the idea of karma, and I realized that I had always been hard on myself and that was like an invitation for someone to be hard on me. And as I learned about the power of our thoughts to shape our reality, I realized that I needed to leave so my life could improve. I took the responsibility for my future and forgave the past so I could move on.

3. Journal your thoughts. Journaling

can be like talking to a best friend, except without the sarcastic, "I told you so's!" :-) We often get clarity when we write out our feelings. It is a cleansing of the negativity that makes room for the new, fresh ideas to flow. Being alone in this way is more like being "with yourself" as opposed to "by yourself." You might be surprised how much you enjoy your own company!



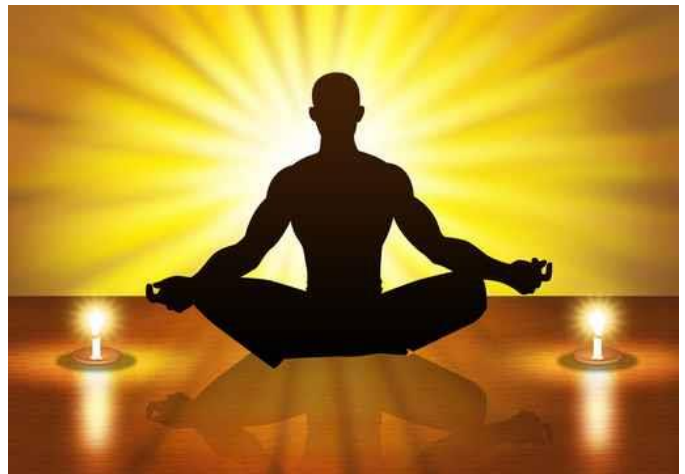
Journaling every day was the BEST thing I did for myself. It offered a release from the mind circles we do; it allowed me to vent without hurting anyone or without anyone knowing what I wanted to keep to myself; it allowed me proof of my experience so I could look back at it and remember it was all real; it allowed me to see how far I'd come years later as my life improved and feel proud of my accomplishment. Your journal can become your best friend and ideas can flow like inspirations as you put the pen to paper. You can also use it to doodle and future vision. Automatic writing where your spiritual guidance flows through you is an actual thing and can be quite helpful. And the actual words on paper tells the universe/God what it is you really want and brings it to your faster. So write!

4. Process your emotions. It has been said, “you can’t heal what you can’t feel.” If you want this defeat to be short lived, learn to allow your feelings to surface and understand why they are there. This can often require outside help to decipher, but it is right and necessary that you go through your feelings and not sweep them under the carpet. Cry if you need to cry, scream if you need to scream, get angry if you feel anger (just don’t direct it at someone!). Your emotions carry an energy and clearing them out when you feel them is better for your long term your outcome than burying them or escaping them with drugs and alcohol. You want to feel clear, open and optimistic to manifest what you want on your new path. Use your journaling for this!



One of the ways that was most helpful for me to process my emotion was to receive Jin Shin Do® Acupressure sessions. This technique revealed deeper emotions that were stuck in my body causing physical pain. I had no idea what was trapped in my body until these points were touched by a trained professional. I was so excited by this, I became a certified practitioner and took the teacher certification training. There are other techniques that clear out emotions like EFT (Tapping) and Emotion Codes. I recommend seeking healing on this level to move through the process faster.

5. Pray/meditate- ask for guidance. Whatever it is you believe in, spend time every day quieting your mind, asking for guidance and listening for inspirations from your higher power or Divine support team (angels, guides, ancestors etc.). If you believe in God, ask for his/her's healing mercy to heal your wounds and restore your energy and



peace of mind. Archangel Michael is a guide for your life's purpose and always ready to assist. Write in your journal whatever thoughts come into your head; chances are they are the answers you seek. Follow them and soon you'll see your life evolving before your eyes!

*I don't know where I would be without my higher power and Divine guidance system. It was this connection that led to me going home to heal at the perfect time, starting my product line, writing my book *Follow the Signs*, connecting with my soul mate, turning a huge debt into a profitable asset, writing over 30 songs, starting my YouTube channel, writing this book, teaching me how to lose weight, getting a job where my healing skills would be used and appreciated, reconnecting with performing again and building my confidence. I HIGHLY recommend it!*

6. Listen to your instincts (intuition). Have you ever said, "If only I had



listened to my instincts!" That still small voice that likes to leave often as soon as it comes is your intuition. It is your soul speaking through your heart that we call this inner voice, this knowingness. It is invaluable to getting your through these tough times. Don't

devalue these voices or second guess them! Learn what they sound like compared to your worries and doubts. They are the positive thoughts that make no sense to your human ego mind. If you listen to them, you will be rewarded with wonderful things you never thought possible, including a sense of confidence, strength and pride. You will undoubtedly hear your intuition while journaling, so keep that in mind as you write. You may even find yourself arguing with yourself inside as your heart starts to become louder than your head's fears, worries and doubts. It's ok. Go with it!

Intuition can come from higher guidance or it can be a "knowing" that makes no sense but you can't deny its truth. I just "knew" I was going to be doing healing work all my life. I just knew I had to

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do this specific Life Coaching training program and it is what led me to the AHA that I MATTER and ultimately to the empowerment program I created. I just "knew" I was going to become a teacher of Jin Shin Do® at the first class I attended. I just knew a real estate deal was not right even with over \$500k on the table and we later signed a deal for \$650k. When you can learn to listen to this, your intuition will sit in the driver's seat and your life will flow more easily. It takes courage to stand by this sometimes, but when you do, very often you'll find you made the right choice later and it will give you more courage to follow future guidance and believe in yourself!

7. Remove your obstacles. Work with the negative emotion around your loss.

Ask yourself if what you lost is worth fighting for or really not all that important to you. If it's not, STOP COMPLAINING!!! Then, remove the fears, self-doubt, worry, doubts about how things will turn out and other people's negative influences. Put an end to negative thoughts- ALL of them, especially if they are about you! Tackle them one by one until there's nothing left but your desires. When you hear a negative thought, put an affirmation in its place such as, "everything always works out for me!" LEARN HOW TO THINK POSITIVE!

Hearing your fears, worries and doubts that interfere with your ability to manifest can be one of the most challenging things, but it is SO necessary! There are specific processes I take my clients through to get to these thoughts and hear their disabling words. I encourage you to book a session to allow me to assist you with this process. It is a game changer!

Here's a simple visualization to overcome challenges:

Visualize the obstacle clearly, imagine yourself jumping over the obstacle and landing on the other side smiling. Now how do you feel? Draw this out on paper whenever you need a visual aide to boost your confidence. Do this in your mind and soon it will become reality!



8. Watch for signs. Listen to what is presented through your experiences.

Signs are always all around us, in conversations, in nature, newspapers, radio, tv, ads, children playing, animals that cross our path, feathers on the ground, numbers we notice repeatedly. Our job is to learn how to identify these messages as significant to our path. What resonates with you is the key. When something seems interesting, follow it through. Listen for the message it carries and often there you will find peace.



There have been so many signs on my path that gave me hope and direction. Numbers stand out the most, like 555 (major life changes), 11:11 (new beginnings, make positive changes) 7:11 (you're on the right track, think positive). Feathers (you're taking flight, the angels are with you) can teach you more by the type of bird they come from. Songs just popped in my head at the right time to tell me something I needed to hear. Listen and look, they are all around!

9. Relax! Do things to de-compress: get a massage, go for a nature walk, take a



vacation, watch movies, go to yoga, play with a dog, sit on the beach, listen to music! Getting away from your stress clears the mind, calms anger and allows inspiration to flow in. It also helps you to realize what's really important to you.

Whenever I had a major change, it seems so quiet! It was that quiet time that was necessary to regroup energy resources and go within to review my life. This is where creativity seemed to flow. Allow this downtime and use it wisely! When you relax, your mind shuts off and your spirit can then go to work creating your next amazing move. Enjoy this peace and seek ways to do more of it!

10. Clear the clutter! Clear your energy field of other people's energies, clear your space of old ties to your past that may carry stagnant energy, clear out stuff you don't need anymore. We often don't realize the power other people's energies have over us, especially for those who are empathic and take on other people's pain. Clearing yourself with sage (smudging), wearing clearing crystals and diffusing essential oils can help you feel more alive and energized. You don't have to believe in it for it to work. Just try it!

I didn't realize how sensitive to other peoples' energies I was until I learned that being empathic was a thing. Once I felt a stranger's pain in a casino because she touched me and fortunately I was able to clear it out before it became my own. When you feel uneasy and you don't know why, it is possible you picked up an attachment. I teach people how to clear attachments and protect themselves all the time. It is a very real phenomenon! Energies also attach to things so it's best to get rid of any items that carry painful memories or at least clear them with sage or clearing crystals.

11. Make FUN a PRIORITY! Determine what makes you happy and do more of that regardless of the obstacles: Sing, laugh, dance, paint, fish, play sports, fly a kite, cook, play with your pet, do whatever brings you UP! **Raising your spirits is the secret** to getting more good stuff coming your way!

I love to swing and I do yoga and dance. This is a picture of me doing arial yoga which was a blast! I can't stress enough the importance of doing what lifts you up to get through hard times. It WILL shorten the length of time that you suffer hardship!



12. Do what you are good at to build confidence. Feeling good about yourself is key to moving forward. Every time you accomplish something, feel the energy of excitement that comes with it to raise your vibration. Positive experiences will follow a positive vibe and will create a positive sense of self. Make a list of your successes and add to it every day you do something to get closer to your goals. Even if getting out of bed is an accomplishment, write that! Each day you'll see how far you came and that will add to your confidence.

THE MOST IMPORTANT THING YOU NEED TO CREATE THE LIFE YOU WANT IS CONFIDENCE! I cannot stress this enough! EVERY TIME I was successful was because I had the confidence to put myself out there, try a new skill, do something alone, make new connections. Keep building yourself up with words of encouragement and you'll thrive. YOU'VE GOT TO BE BRAVE! YOUR LIFE DEPENDS ON IT!

13. Determine what you want for your future. If you really don't know, start



with this question, "What can't you live without?" Then ask, "what would I enjoy doing every day without getting bored?" When you get up in the morning, ask yourself, "what do I feel like doing today?" You may be good at a lot of things, but what

brings you *the most pleasure*. Fill your new life with all things you **LOVE!** Whatever you have in mind, release any negative thoughts around it, and imagine it **IS POSSIBLE!** Miracles happen every day, so you don't have to know the "how" it's going to happen; just free the desires. Make a **vision board and write it down, Envision yourself doing what you love and feel what it's like to have it.** Be hopeful like a child. *Be a dreamer!*

I learned the power of vision boards when I first relocated. Within 1 year, all that I put on my board came true! The visual representation is what draws it faster. But you must be careful to be very specific about what you want and watch the roadblocks you put up along the way when things don't happen as fast as you want. These will prevent what you want from coming. Just put it out there and let it go!

14. Believe that everything will work out. Blind faith is necessary to making your dreams come true. This belief clears the way for opportunities to come to you, but it is not meant to be used in place of action. It is action coupled with faith that moves mountains! When you exercise blind faith, you are also letting go of the need to control the situation and energizing the Spiritual Law of Detachment. When you detach from having to know the “how” and “why”, you allow what you want to flow to you in Divine Timing- which is the time that is in the best interest of all involved. *Let it go and proceed as if success is inevitable!*

When I was planning to leave my marriage, I went to friends' houses to potentially live with them. I stood in the rooms and felt a clear, NO. I couldn't understand why, but it was very clear. Exercising my faith and praying for direction, I was told to go home. Listening to this guidance proved to be the best thing for everyone involved and moved my life in a positive forward direction. I didn't understand it at the time, but all was revealed months later and I was grateful for my deep faith. Detachment and faith are the hardest things to do, especially for a type A overachiever. But do you ever wonder how things can happen for people who put little effort in, who do not stress? They are exercising these two principles. Try it, and when you do, you'll see the magic that can happen! Listen to your intuition, pray and take the inspired action on blind faith.

15. Be grateful for whatever comes to you that lifts you up and anything that resembles your dream. As opportunities come that align with your desires, boldly state how much you appreciate them. If help shows up, accept the help, especially if it's financial assistance, even if it makes you feel like a failure or a victim. A grateful heart will always return the favor or pay it forward. Keep a gratitude journal and write in it daily all the little things you appreciate.

Gratitude is the doorway to getting more of what you want. Every time you are grateful for something good, proclaim it and ask for more. I made a friend on my journey who exercised gratitude in her household and in her thoughts, words and deeds like no one I ever met before. Her example was an inspiration for me and I have been energizing my desires with gratitude ever since! Gratitude also shows humility, which shows your willingness to learn and be open to change.

16. Develop resilience, stamina and

strength. It's what's inside that carries you through, but as you strengthen your physical body too, it helps you feel strong all around. Stretching/yoga, cardio, qi gong, dance, martial arts, sports, hiking, rock climbing, etc are great ways to push yourself to improve your skills. It is also essential to eat healthy foods, drink water and take vitamins to fortify your body to take on anything that comes your way! So drop those sweets, soda and junk food and pick up some nuts and berries! Keep your body healthy; you only get one!



Throughout my life I have always kept in shape with dancing, wight training, running, yoga and qi gong and used vitamins, steam saunas, massages, Reiki and salt baths. As a result, I have maintained a healthy body. The body has needs that we must fill as a sign of self-love and the fringe benefit is that the mind gets sharper and clearer as we improve this blood flow and release tension.

17. Use tools to assist you. Essential oils, crystals, sound therapy, talk



therapy, divination cards, affirmations, brainwave retraining, books, etc help you get clarity, stay focused and release past trauma. When buying oils, crystals and cards, go for what speaks to you. You can tell which are right for you by the way they feel when you hold them in your left hand or by the scent/color. *Essential oils* have amazing properties for healing emotions and revitalizing the body and spirit. *Crystals* carry varying properties to balance the body's electromagnetic field. Always clean the energies in them with sage or by

soaking in sea salt water for a few days and dumping the water down the toilet. *Singing bowls* are healing as they carry a resonance with each of the chakras which correspond to our vital organs and emotions. *Divination cards* like angel cards and tarot are a powerful way to communicate with your higher self and guides to get answers. *Brainwave retraining* can be useful as it works on an unconscious level overriding your conscious mind's resistance. Counseling or talk therapy is always helpful when working through difficult times. Make your needs a priority and seek *the help that's available* and you'll bounce back faster and stronger.

All of these tools are helpful when they resonate with you. I have tried so many and found use for all. As you walk your path, be mindful of what crosses your path and take advantage of it at that time. If I didn't buy the crystals and cards when I did, they would have found me again because that is what I needed to heal. This was apparent when Law of Attraction information was presented to me over 3 times during my trials. When I finally listened, my life was changed forever!

18. Keep moving forward! Live in the **NOW**, moment to moment, **ONE DAY AT A TIME!** Try **NEW** things- whatever speaks to you at the time. This is how you **allow** space for the magic to happen, the new wonderful things to enter your life. We really never know what lies ahead that can be **AMAZING!** So keep moving forward step by step, day by day and keep the faith that someone or something wonderful is just around the corner. Take *inspired action* each day toward your goals. Be persistent!

When I first moved home, my dad asked what my plans were. I said, "I can't plan right now. I just need to take one day at a time." It was all too overwhelming. After just four months, I had met someone who I crossed paths with my whole life but never met until this time. When I listened to my heart and did what felt good, I regained my energy and reclaimed my smile. Within two years, I had completed my teacher certification, got solid wholesale accounts for my product business, built a new website and moved in with my now husband. One year after that I ran a retreat with colleagues, started teaching my dance workout and took over renovating my old house. A year after that I performed in a professional production in a leading role. So, my life became very busy and taking it one day at a time is what was needed to be open and ready. So, don't be afraid of the not-knowing, but keep on going!

19. Be Patient with yourself and your outcome. This can sound easy but is not that easy in reality. In this world of instant gratification, waiting for what we want can be painful! Use diversions to keep your mind off the pain and **keep positive**. Go for walks, have a pet, go to lunch with a friend, go to the movies, sing at karaoke, play video games, spend time with family, whatever it takes while still working on your plans. You *will* get there if you stay focused on the goals! But as seeds take time to germinate and sprout a tree, so does our efforts take time to harvest! **Persistence + Patience= SUCCESS!**

It's true as they say, patience is a virtue! And the reality is that when you put pressure on something, you stop it from expanding. Patience doesn't mean doing nothing. It means removing your expectations and allowing the future to unfold while staying focused on your goals. Keep using your mind to envision your life, feel what it's like to have it and let it be. It's a daily practice!



20. Give back to others. When you give love away, it is returned to you. At any stage in your journey, remember to give back to those who helped you, give to those in need when you have something to give and teach others how to pay it forward. Energize that golden rule, ‘*Do unto others as you would have done to you.*’

I have been in the service industry my whole life and it is true that what you give away gets returned to you tenfold! I have been both the giver and the receiver and when you give of your heart to someone who appreciates it, you are also rewarded with a feeling of satisfaction. It is the circle of love that keeps on giving. So reach out, give and feel your heart swell. This is the energy that will make you a magnet for more good to come to you. A generous heart will always be taken care of.

I hope you enjoyed this book. Please connect with me for a healing session or to share your success story that you have with this knowledge. May you be showered with love & blessings, and above all, BE NICE TO YOURSELF! - Jakki Gioia

See all the ways I can help:

1. *Reach out, Relax! Learn how to decompress* ⇒ ⇒ [Schedule an appointment](#)
- 3, 8 *Journal your thoughts, Watch for signs* ⇒ [Use Follow the Signs as a guide](#)
4. *Process your emotions* ⇒ [Schedule an appointment for a healing session](#)
5. *Pray/meditate- ask for guidance* ⇒ [I can teach you how](#)
6. *Listen to your instincts (intuition)* ⇒ [I can help you hear it](#)
7. *Remove your obstacles* ⇒ [I can help you with transformational processes!](#)
10. *Clear the clutter, Use tools to assist you* ⇒ [Find powerful essential oils here](#)
11. *Make FUN a priority!* [Come to a LIFT workshop](#), [Download my guide to 70 inexpensive ways to have fun](#)
12. *Do what you are good at to build confidence* ⇒ [I can help build you up](#)
13. *Determine what you want for your future* ⇒ [I can help you get clarity](#)
16. *Develop resilience, stamina and strength* ⇒ [Join me in some Qi Gong or my dance workout on YouTube](#)
18. *Keep moving forward!* ⇒ [Use this song for motivation](#)

Let me help you take this journey through life with a coaching or healing session, with my songs, essential oil products, books and workshops. Schedule your free

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Remember, Be Nice to Yourself!

Love & Blessings,

Jakki Gioia

A Poster with the **20 Steps to Soar When You Feel Defeated** is included here. Print it out and post it where you can see it every day as a reminder. Remember slow and steady wins the race, so take it easy on yourself.

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1. Reach out
2. Stop judging yourself or placing blame
3. Journal your thoughts
4. Process your emotions
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15. Be grateful for whatever comes to you
16. Develop resilience, stamina and strength
17. Use tools to assist you
18. Keep moving forward!
19. Be Patient with yourself and your outcome
20. Give back to others

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