

*The*  
**AWESOMELY  
AWARE &  
AWAKENED**  
*Journey*

**COURSE WORKBOOK #1**

# THE WAKE UP CALL



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# THE WAKE UP CALL



## Welcome to the first lesson!

**Just what is this BIG idea?** What does it mean to wake up? Waking up is the realization that there is more to the world than you ever thought possible. It's stepping outside of your ego and seeing that you are the world and that the world is within you. When you have the experience of waking up, you'll begin to discover joy and a sense of peace.

This first practice will help you come to a place of contentment, rather than constantly chasing after the happy moments and avoiding the low ones. By doing so, you can step outside your own emotional suffering and understand that you CAN have control over how you feel.

## **This is our first lesson - understanding the difference between BEING HAPPY and HAVING JOY**

My wake up call came to me after a failed marriage, losing my job and some chronic health issues. My personal happiness was tied to my outer circumstances. If I was alone, I wasn't happy. I needed someone else to help fill the hole. On the inside I had no joy. To the external world I was smiling. At home, away from the world, I would sob tears of regret, and remorse. My life had not panned out the way it was supposed to. **So one night, in my tears of desperation, I called to God for help. And He answered, just not at all in the way I expected.**



# JOY vs HAPPINESS



*Is your life filled with happiness or joy, or both?*

First, let's understand the difference. Happiness is an emotion, whereas joy is a state of being that is discovered from within. Happiness is fleeting- moments in time where we feel exhilarated with excitement. You can feel happy when eating chocolate cake but this disappears as soon as the sweetness from the cake leaves your tastebuds. We can feel elated when we find a new job but this feeling disappears once we become stuck in another routine. Happiness is also usually fixated on moments that give us pleasure.

**Joy is a lasting state and not dependant upon an event or an outer circumstance. Joy is consistent and comes from within, when you find contentment with who you are. Joy can be with us all the time, no matter what the outer circumstance is.**

We bring these lessons with recognizing the difference between happiness and joy. When you continually strive for things that make you happy, you will always end up disappointed. You will then have to find the next best thing that will cover up the emptiness now left. Moments of happiness are wonderful to have, just as moments of sadness serve their purpose. Each emotion teaches us something. What we want to strive for is joy. A sense that no matter what the outer circumstances, everything is happening as it should. A sense that you can have control over your own emotions and how you react to the world. Joy will help you to become stronger and to be able to face life's challenges. more easily. Happiness disappears when struggle arrives.



# THE HAPPINESS TEST



Take the happiness test and find out how much you are focused on happy moments. Using a scale of 1-5 rate how much you agree with each statement.  
(1) Rarely agree (2) Sometimes agree (3) Agree (4) Agree alot (5) Agree all the time.

- 1) I feel happy only when life is good. \_\_\_\_\_
- 2) My happiness comes from things that happen to me. \_\_\_\_\_
- 3) I experience happiness several times a week. \_\_\_\_\_
- 4) If I'm not happy then I feel like there is something wrong with my life. \_\_\_\_\_
- 5) I only feel good when I am happy with my life. \_\_\_\_\_
- 6) I rely on others to make me happy. \_\_\_\_\_
- 7) I look at other's happiness and feel jealous. \_\_\_\_\_
- 8) I would be happier if I had everything I wanted. \_\_\_\_\_
- 9) I use pleasure seeking to make me happy. (food, sex, shopping) \_\_\_\_\_

YOUR SCORE: \_\_\_\_\_



# THE JOY TEST



Take the joy test and find out how much joy is in your life. Using a scale of 1-5 rate how much you agree with each statement.

(1) Rarely agree (2) Sometimes agree (3) Agree (4) Agree alot (5) Agree all the time.

- 1) I feel content with the way things are in my life. \_\_\_\_\_
- 2) My happiness comes from inside and not external things. \_\_\_\_\_
- 3) I do something for someone else at least once a week. \_\_\_\_\_
- 4) I find joy in the small things, like smelling a flower, hearing the birds. \_\_\_\_\_
- 5) I am able to easily handle challenges that arise in my life. \_\_\_\_\_
- 6) I know my talents and use them weekly. \_\_\_\_\_
- 7) I look at other's happiness and feel happy for them. \_\_\_\_\_
- 8) I often feel gratitude for how blessed I am. \_\_\_\_\_
- 9) I feel that I live in the present moment and everything has a purpose. \_\_\_\_\_

YOUR TOTAL SCORE \_\_\_\_\_



# THE JOY TEST



**SO HOW DID YOU SCORE?** The higher you scored on the first test, the less joy you have in your life. The higher you scored on the second test the more joy you have in your life. Neither score is good or bad. Happiness is also a good experience as long as we don't become attached to it. If you did score high on the first test, try to look at ways that you can find more joy in your life rather than focusing on fleeting moments of happiness.

**Take a few moments and recall a time that you felt truly joyful.** A time that brought warmth to your heart. Maybe it was something someone did for you when you were struggling. Maybe a family member helped you to do something you've always wanted. Maybe you found new friends after moving to a new city. Maybe you saw your dog after years of being apart. Feel these moments and focus on how they gave you both contentment and peace. This is the formula for joy. Focus on the loving energy it gave you. Stay with this feeling for as long as you can.

**Now take a look at your beliefs about happiness.**

- 1) What does happiness mean to you?
- 2) Write down all the things that make you happy.
- 3) Review the list and consider which points actually give you joy.

Which are fleeting moments and which are the things that are lasting?

By looking deep into happiness and joy, we are beginning to learn mindfulness.

The art of becoming aware of ourselves. **Happiness is possible but optional.**

**Joy once found, stays with you as long as you can keep it in your heart.**



# WHAT GIVES YOU JOY?



Meditate on, and then answer the following questions:

WHAT DOES HAPPINESS MEAN TO ME?

WHAT DOES JOY MEAN TO ME?

WHAT LASTING JOY AM I SEEKING? (ie; love, comfort, health, companionship)



# HOW CAN YOU FIND MORE JOY?



Meditate on, and then answer the following questions:

WHAT CAN I DO TO FIND MORE JOY IN MY LIFE?

HOW CAN I LET GO AND SURRENDER MY EGO?

HOW CAN I GIVE JOY TO OTHERS?





# KEEP JOY WITH YOU EVERYDAY



When you begin the path to waking up you'll find that some days are filled with happiness and bliss, while others are a down right struggle. Happiness comes and goes, while joy helps you face the fiercest struggles you may have. Now don't get me wrong. It's not easy to move into the space of joy when times are tough. Especially if you're seeking pleasure and happiness to mend a broken heart, a broken self esteem or a broken sense of self. With some practice however, you'll be able to move more and more into a state of joy and an awakened state.

Practice joy each day by noticing when you aren't happy. How can you find joy in a moment when you're sad? How can you find joy when you're suffering? In these moments hold yourself closer to God. Ask God to give you strength and to fill your heart with joy. Happiness is fleeting and even an uncomfortable emotion, for we know it always goes away. We then become addicted to getting it back. Focus on joy instead. As you move through these lessons you'll learn how to move with more ease through life no matter what the circumstances.

I challenge you to **GET GUTSY!**

Find joy in the simple fact that you're breathing and that the sky is blue. You are blessed.

