

The Joy Jumpstart

A Sneak Peek into *The Joy Project: A Self-Discovery Guide to Help You Identify “Your Thing” and Begin Your Next Chapter*

www.nextchapterlivingwithlynn.com



contact@nextchapterlivingwithlynn.com

FREE PREVIEW

Written By Lynn Deutsch
Author & Creator



next chapter living

WITH LYNN

WELCOME TO THE JOY JUMPSTART

I'm so glad you're here.

If this little guide found its way to you, chances are life has felt heavy lately. Maybe you've lost something — or someone — that mattered deeply. Maybe you've spent years showing up for everyone else and suddenly realized... you're not sure what's left for you.

I know that feeling.

After losing both my mom and my dog — two of my best friends — just weeks apart, I stayed in a fog for a long time. I moved through my days, but joy? That felt far away.

What surprised me most wasn't that I eventually found joy again... It's that it looked completely different this time.

Quieter. More personal.

And honestly? More meaningful.

It started with one small spark — an idea to create something that honored what I lost and helped me move forward. That spark became this blog, *Next Chapter Living with Lynn*, and eventually, *The Joy Project*.

The Joy Jumpstart you're holding is a small part of that journey.

A simple beginning.

Your beginning.

You don't have to have the answers right now.

You don't have to feel "ready."

You just have to be willing to explore what lights you up — even if it's been a while.

Let's take the first step together.

I'm so happy you're here.

Lynn

LET'S BEGIN – JUST ONE STEP AT A TIME

Start small. Go deep. Be honest.

You don't need a full life plan.

You just need a window – a little opening back to you.

These prompts aren't about fixing anything. They're here to reconnect you to what still brings light, even in the aftermath of loss, change, or just the everyday.

Take a deep breath. Let your answers surprise you.

- When was the last time I felt truly like me – even just for a moment?
(Where was I? What was I doing? Who was I with?)

What's one thing I used to love that I've pushed aside or forgotten?

If I gave myself permission to want something more... what would I hope for?

YOU STARTED. AND THAT'S EVERYTHING.

You took the first step — and that matters more than you think.

There's a reason this felt hard to do — and an even bigger reason
you're still here reading it.

Grief, change, and seasons of in-between can feel endless. But
inside those quiet stretches... something can begin.
And that's exactly what you just did.

These prompts weren't meant to fix anything. They were here to
remind you that:

- You're still here.
- You're still allowed to want more.
- You're still capable of joy.

Even now.
Especially now.

This is the beginning of a new chapter — one written for you, not just
the roles you've played or the people you've cared for. One where
your joy matters too.

You haven't missed your chance.
You're not behind.
You're right on time.

★ ***The Joy Project is coming soon.***
You'll be the first to know when it's ready.
Until then, hold onto this spark — it's yours.