



Perspective Education
on You Tube

In This Issue:

- July is all about Joy!
- What Really is Joy?
- Creating Joy in the Small Moments
- Thoughts from Colleen
- Aligning Your Actions with Your Values
- Noticing What No Longer Brings You Joy
- The Joy of Chocolate
- European Christmas Markets Tour 2026
- That's Perspective Travel, LLC
- June Book Club at Les Frenchies Female Travelers
- Things We Love
- Coming in August



What really is Joy?

Coming into July is a perfect time to focus on joy. The lazy, hazy days of summer. The warm sunshine and cool breezes. It's a time to slow down and enjoy life a little more. Still, are these little comforts something joyful, or just pleasant? Don't get me wrong. There's nothing wrong with enjoying some simple pleasant time. But the question I am posing taps into something much deeper. How we experience joy in life.

If you are like me, you've struggled to let joy in. I can be happy. I can enjoy the little things. And I'm grateful for the amazing life I live. But when someone recently asked me what tasks I enjoy doing at work, I couldn't answer it. I have been so busy doing whatever it takes, not feeling the luxury of even thinking about whether or not I wanted to do them. I was disconnected from what I like. What I enjoy. That got me thinking about the word itself - enjoy. Isn't that the experience of being in-joy? I was so curious I had to look it up in the dictionary.

The Oxford definition is "a feeling of great pleasure and happiness". Do we live with great pleasure in our lives? How happy do we let ourselves be? For me, sometimes it comes down to choosing to be happy, often in spite of something. Like, happy (even though). Or, happy enough.

But what would your life look like if it was joy-filled? Would it look like today? Would it look like the past 10 years? If, like most people, your answer is no, then it's worth asking why not.

What have I not given myself permission to say, feel or do? What have I settled for and pretended that it didn't matter? What am I resigned about in my life that holds me back? Or what would I do if I wasn't afraid or making excuses?

We, (especially women), are pretty used to finding a way to be happy while we're surviving the responsibilities of life. Living with weights imposed by others (and ourselves). But, we don't have to.

So for the month of July, why not ask yourself some questions that could shake up your relationship with joy. Who knows, it could leave you smiling just a little bit more.

Colleen

**The Clarity Course
is growing!**



Our Alumni have created an amazing support community; and we're helping it grow even more. Look for information in the next few weeks on some brand new Clarity Courses. We'll have a FREE webinar to help you experience what Clarity is all about. Then, the Intro to Clarity course takes a deep dive into some of the beginning exercises, giving you a great foundation toward Clarity! AND, we'll be announcing all the details for the Clarity Course and Camp beginning in January!

Creating Joy in the Small Moments

Joy does not always arrive as a grand event, a perfect season of life, or the result of finally getting everything figured out. Sometimes joy is much quieter than that. It shows up in the small moments we notice, the choices we make with intention, and the reminders we place around us that life still holds beauty, connection, meaning, and lightness.

Creating joy does not require overthinking your whole future. It begins with paying attention to what is already available to you today.

1. Think in the Now

When we think about creating joy, it's easy to make it too big. We start focusing on the long game, the perfect plan, or the version of life where everything finally falls into place. But joy is a choice we make. Regularly. Not every moment of every day will be joyful. But you can choose for most of them to be so. Don't overthink and "what if" your life. Take it slow.

Ask yourself, "What would bring me a little joy today?" It might be making your favorite cup of tea, stepping outside for five minutes, playing a song you love, or texting someone who makes you smile. Small moments count. In fact, they may be where joy most often begins.

2. Savor Small Moments

Joy grows when we pause long enough to actually feel it. A good meal, a warm breeze, a beautiful sky, a laugh with a friend, or a quiet morning can pass by unnoticed if we are always rushing toward the next thing. Notice the flower growing out of the crack in the sidewalk or the shape of the clouds in the sky.

Savoring means letting yourself be present for the moment you are already in. Take a breath. Notice what feels good. Let the moment last just a little longer. Joy often deepens when we stop hurrying past it.

3. Align Your Actions with Your Values

There is a quiet joy that comes from living in a way that feels true to who you are. Take the time to gain clarity on what truly matters to you. When your actions reflect your values, life begins to feel more grounded and less scattered.

This does not mean every decision has to be huge or dramatic. It may mean choosing kindness in a difficult conversation, spending your time on what matters most, protecting your peace, or saying yes to something that supports the person you are becoming. It also means saying no to things that no longer serve you. Joy becomes easier to feel when your life begins to match what matters to your heart.

4. Spend Time Being Grateful

Gratitude is one of the simplest ways to shift your attention toward what is good, steady, and meaningful. It does not erase hardship, but it helps you remember that hardship is not the whole story.

Spend a few minutes naming what you are grateful for. Be specific. Instead of only saying, “I am grateful for my family,” you might say, “I am grateful for the phone call that made me feel understood,” or “I am grateful for the quiet hour I had this morning.” The more specific you are, the easier it becomes to recognize joy when it appears. Spend a moment at the end of each day listing three things you are grateful for today.

5. Connect with Friends in Deep, Meaningful Conversations

Joy is not only found in fun and laughter. It is also found in being seen, heard, and understood. A meaningful conversation with a trusted friend

can remind us that we are not alone.

Make time for the people who allow you to be real. Ask deeper questions. Share honestly. Listen closely. These conversations feed a different part of us than casual small talk. They bring connection, comfort, and often a sense of belonging. Spend time cultivating these friendships.

6. Create Joy Lists

A joy list is a beautiful way to gather reminders of what lifts your spirit. You might create a list of songs that make you feel happy, quotes that inspire you, memories that make you smile, or places that have made you feel alive.

You can also create an album on your phone filled with photos of things that brought you joy. It might include travel memories, family moments, flowers, sunsets, meals, pets, celebrations, or ordinary days that felt special. These lists and collections become a personal library of joy you can return to whenever you need a reminder.

7. Decorate Your Surroundings with Things That Bring You Joy

Your environment matters. The things you see every day can either drain you or gently restore you. Surround yourself with reminders of love, beauty, adventure, and meaning.

Display family photos, travel memories, artwork, keepsakes, flowers, books, or objects that make you smile. These do not have to be expensive or elaborate. They simply need to feel meaningful to you. Your home and workspace can become quiet reflections of what you love.

8. Spend Time in Nature

Nature has a way of bringing us back to ourselves. Walk in the forest. Watch the sunset. Sit near water. Step outside and feel the air. Notice the birds, the trees, the clouds, or the changing light.

You do not have to go far. Even a few minutes outside can help you feel more present and more connected. Nature reminds us that life is bigger than our thoughts, our worries, and our to-do lists.

9. Move in Joyful Ways

Sometimes joy needs movement. Dance in your kitchen. Sing in the car. Play a game. Take a brisk walk. Exercise in a way that energizes you. Do something that wakes up your body and lets your spirit feel a little freer.

This kind of joy is playful and physical. It gets you out of your head and back into your body. It reminds you that you are allowed to feel light, silly, strong, and alive.

10. Spend Time in Service to Others

Helping others can create a deep and meaningful kind of joy. Service shifts our attention outward and often reminds us of the blessings we already have. It can also bring perspective, connection, and a renewed sense of purpose while simultaneously developing deep relationships with others.

Service does not have to be formal or complicated. It may be checking on a neighbor, volunteering, helping a friend, offering encouragement, donating something useful, or simply being present for someone who needs support. When we give from a genuine place, we often become more aware of the goodness in our own lives.

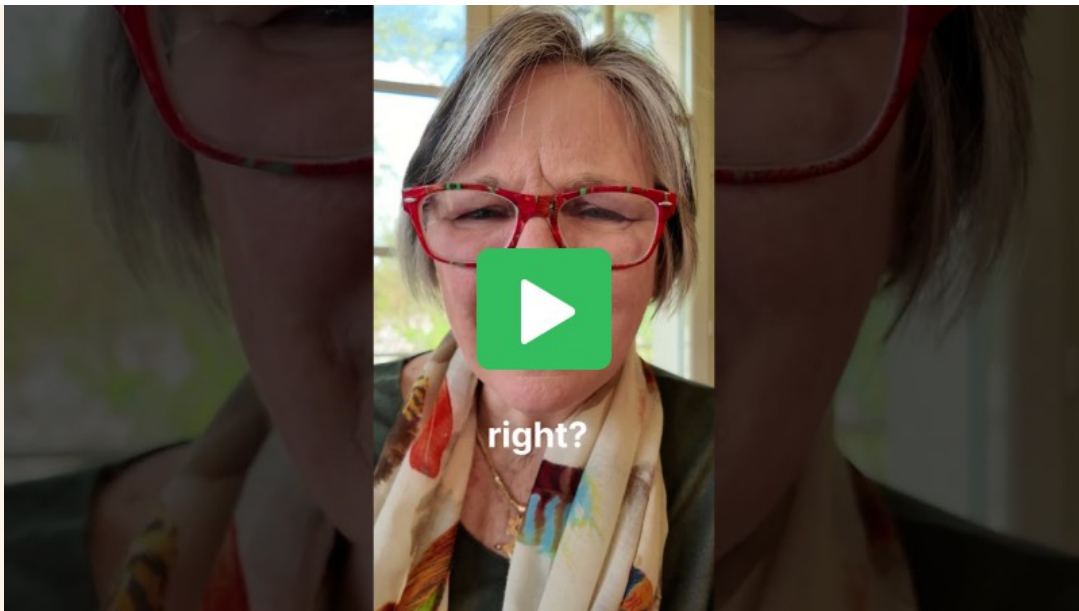
Closing Thought

Joy does not have to be chased. It can be created gently, one small choice at a time. It can be found in a song, a sunset, a meaningful conversation, a memory, a moment of gratitude, or a simple act of kindness.

Start small. Notice what lifts you. Keep those reminders close. Let joy become something you practice, something you savor, and something you welcome into your everyday life.

With warmth and love,

Theresa



Aligning Your Actions with Your Values

One of the gentlest ways to invite more joy into your life is to notice whether the way you are moving through your days reflects what truly matters to you. So often, we drift into patterns without realizing it. We say yes because we always have. We continue routines because they are familiar. We carry responsibilities, expectations, and old versions of ourselves without stopping to ask whether they still belong. But joy often begins to return when our outer life starts to feel more connected to our inner truth.

Aligning your actions with your values is not about becoming more productive or creating another list of things to improve. It is a quiet practice of awareness. It is the sacred pause before a decision. It is listening inward before responding outward. It is allowing your choices to be guided not only by obligation or habit, but by the deeper wisdom within you. Meditation, prayer, journaling, breathwork, time in stillness, or simply placing your hand over your heart and asking, “Does this feel true for me?” can all help you reconnect with that inner knowing.

When your actions and values begin to move in the same direction, life can feel more peaceful, more honest, and more joyful. Not because everything is perfect, but because you are no longer living so far away

from yourself. You begin to recognize the difference between what drains you and what nourishes you. You begin to trust the quiet voice that has been there all along. And slowly, choice by choice, you create a life that feels less like something you are managing and more like something you are truly living.

I hope you find joy in the practice!

Best,

Theresa



"Joy does not simply happen to us. We have to choose joy and keep choosing it every day."

— Henri Nouwen

Noticing What No Longer Brings You Joy

Sometimes we continue doing things simply because we have always done them. We keep the same routines, attend the same events, maintain the same habits, or say yes to the same obligations without stopping to ask whether they still feel meaningful. One of the first ways to discover what no longer brings you joy is to notice your energy. Does the thought of doing something make you feel lighter, interested, or engaged? Or does it make you feel tired before you even begin? Your energy often tells the truth before your mind is ready to admit it.

Your mood is another gentle messenger. Pay attention to how you feel before, during, and after certain activities, conversations, or commitments. Some things may leave you feeling peaceful, connected,

or fulfilled. Others may leave you feeling irritated, depleted, resentful, or disconnected from yourself. This does not mean every difficult task must be removed from your life, but it may mean it's time to reconsider how much space it takes, why you are doing it, and whether it still belongs in this season of your life.

Your intuition also has wisdom to offer. Sometimes you may not have a clear reason, but something inside you quietly says, "This no longer feels right." Listen to that feeling. Joy is not only found by adding more beautiful things to your life; it's also found by releasing what has become heavy, outdated, or misaligned. Give yourself permission to pause, reflect, and gently ask, "Is this still bringing me joy, meaning, or peace?" The answer may help you make room for something that does.

Once you've begun to recognize the things that don't serve you, you can make honest choices about those you need to keep and those you can release. Make sure you are using the majority of your time on things that truly serve your core values and beliefs.



The Joy of Chocolate

That's right, chocolate. July 7th is International Chocolate Day. And it is indeed joyous. Not just because most of us LIKE chocolate, but because it literally makes us feel good. Chocolate contains multiple compounds that work together to create subtle, euphoric changes in the body. Triptan relaxes us. Serotonin regulates mood. And Dopamine is literally the "Feel Good" chemical. Chocolate provides all of those. Especially dark chocolate. So go ahead, have a lovely piece of chocolate; it's good for you!



SOLD OUT!

2026 Female Travelers Christmas Markets Tour

Discover yourself in the magnificence of European Christmas Markets.

This holiday season, discover more than Europe's most beautiful Christmas markets — discover a new way of seeing yourself. Your journey begins in Paris, where festive lights glow along the Seine, the Eiffel Tower sparkles against winter skies, and the Notre Dame Christmas Market invites you to slow down and savor the season like a true Parisian. In Strasbourg, the "Capital of Christmas," enjoy the old world traditions and Alsatian treats in this fairytale village, stand beneath the magnificent tree in Place Kléber, and feel the magic of centuries-old traditions come alive beside the Strasbourg Cathedral. The experience continues in London, where Christmas markets buzz with festive energy. Stroll along The Queen's Walk, Westminster Abbey,

and Buckingham Palace. Enjoy the Christmas lights in the tradition of Charles Dickens, Mary Poppins, or Harry Potter – moments that awaken your sense of adventure and make the season feel unforgettable. This thoughtfully designed journey blends iconic sights with meaningful moments, leaving you not only with unforgettable memories — but with a renewed sense of confidence, joy, and connection to the spirit of travel itself.

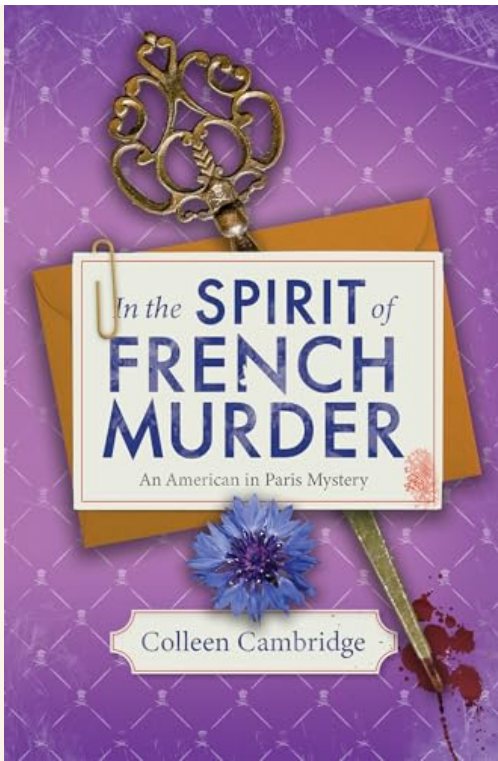
[View the Tour Information Here](#)



An Exciting 2027 Ahead!

We're busy planning a variety of tours for 2027. Stay tuned in the next few weeks for our offerings on Parissien tours. We'll be covering all the famous Gems as well as many of the hidden treasures. AND...more Christmas markets. And yes, we listened, we'll have both female-only AND co-ed tours next year. Stay tuned!

[Click Here For More Information](#)



We just couldn't wait anymore; the July book will be the most recent (but hopefully not the last) in the Colleen Cambridge "An American in Paris" series. We will be meeting at 10AM EST on Sunday, July 26 on Zoom: <https://l.facebook.com/l.php?u=https%3A%2F%2Fus02web.zoom.us>

Buy the book here

Things We Love



We're thrilled to be highlighting our favorite tour guide, Silvia Moran-Berouts second-annual Day of the Dead tour in Mexico City. Five days and four nights in 4-star accommodations while experiencing an insiders view of Mexico City. Tour the markets, enjoy the festivities, savor the flavors. Learn Mexico City in a



The summer heat is off to a brutal start in Paris! You MUST

way few ever get to experience.
You won't regret it!

prepare for extreme conditions;
why not start with this fabulous
portable fan?

<https://www.frenchxican.com/tours/mexico-city-experience/>

Find it Here

Coming in August:

In August, we'll be talking about your true self-expression and how you show the world who you really are. This is such a critical piece to living an authentic life; be sure to tune in!

Don't miss another newsletter; email service@thatsperspective.com to join our mailing list!

Follow us for more information & insights



Perspective Education

631 Lucerne Ave #97, Lake Worth
United States of America



You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)