

by Tanya Marie Bennett

Scaling Joy™ Workbook

*How to Build Happiness, Energy, and Success
from the Inside Out*

Joy is your birthright. Let's scale it.

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WHAT IS SCALING JOY?

Scaling Joy is the intentional practice of expanding the happiness, energy, and fulfillment already within you. It is not about chasing more, it is about becoming more deeply aligned with what truly lights you up from the inside out.

Joy is not a luxury. Joy is a strategy.

When we operate from a place of genuine joy, we show up more powerfully in our leadership, our relationships, and our work. Scaling Joy teaches you to identify what fuels you, remove what drains you, and build a life and career that reflects your highest purpose.

“Tell me, what is it you plan to do with your one wild and precious life?”

My Notes:

JOY BLOCKERS ASSESSMENT

Check all that apply. Awareness is always the first step toward transformation.

☐ Stress	☐ Burnout
☐ Fear	☐ Toxic environment
☐ Poor boundaries	☐ Exhaustion
☐ Lack of purpose	☐ Overwork
☐ Comparison	☐ Self-doubt
☐ Perfectionism	☐ Isolation
☐ Financial pressure	☐ Lack of rest
☐ People pleasing	☐ Neglected self-care

The biggest joy blocker in my life right now:

One thing I will release this week to reclaim my joy:

MY JOY GROWTH PLAN

Use this space to map out your personal joy blueprint.

What gives me joy?

What drains me?

What needs to change?

My next bold move:

What support do I need?

30-DAY JOY COMMITMENT

I make a sacred commitment to myself to prioritize joy, protect my peace, and take intentional steps every single day for the next 30 days to build the life and leadership I truly deserve.

I commit to:

- ☐ Showing up for myself, fully and consistently, every single day
 - ☐ Releasing what no longer serves my peace, purpose, or joy
 - ☐ Choosing joy even on the hard and challenging days
 - ☐ Asking for support when I need it, strength is not silence
 - ☐ Celebrating every step forward, no matter how small it feels
-

Signature

Date

My Joy Intention for This Month

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Take a moment. Breathe. Answer honestly. Your joy begins right here.

What energizes me?

What drains me?

Who inspires me?

What habits steal my joy?

What would joy look like for me this year?

My Next 3 Joy Moves:

1.

2.

3.

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Check each practice as you commit. Small consistent steps create lasting transformation.

- | | |
|--|--|
| ☐ Prioritize quality sleep each night | ☐ Daily movement — even a short walk |
| ☐ Take real lunch breaks away from your desk | ☐ Hydrate consistently throughout the day |
| ☐ Set clear and firm personal boundaries | ☐ Unplug from work after hours — protect your peace |
| ☐ Prayer, reflection, or quiet time daily | ☐ Reduce screen time and social media use |
| ☐ Ask for help when you need it | ☐ Protect and honor your weekends |
| ☐ Schedule joy intentionally into your calendar | ☐ Reconnect with your purpose and your why |

My Burnout Warning Signs:

(Know your signals. Name them. Then take compassionate action.)

(Know your signals. Name them. Then take compassionate action.)

30-DAY JOY CHALLENGE

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One joy practice per day. Check it off. Watch your life transform.

✓	Day	Daily Joy Practice
☐	Day 1	Write a gratitude list — name 3 things you are deeply thankful for
☐	Day 2	Take a walk outside and breathe deeply in the fresh air
☐	Day 3	Call or text someone you love just to say hello and I care
☐	Day 4	Declutter one small space in your home, office, or mind
☐	Day 5	Practice saying no to one thing that drains your energy today
☐	Day 6	Drink 8 glasses of water and prioritize hydration all day long
☐	Day 7	Take a full rest day — rest is always intentional and productive
☐	Day 8	Write down your top 3 personal core values and why they matter
☐	Day 9	Try a new recipe or savour a meal you genuinely and truly love
☐	Day 10	Spend 30 minutes in prayer, reflection, or quiet meditation
☐	Day 11	Write a heartfelt, hopeful letter to your future self
☐	Day 12	Listen to music that lifts your spirit and feeds your soul
☐	Day 13	Set a clear, joyful intention for the week ahead
☐	Day 14	Reconnect with a passion or hobby you have been neglecting
☐	Day 15	Celebrate a recent win — no matter how small it may seem
☐	Day 16	Spend 20 minutes in nature or near a window full of sunlight
☐	Day 17	Offer a sincere and specific compliment to someone today

[]	Day 18	Unplug from all social media for the entire evening
[]	Day 19	Read something inspiring or uplifting for at least 20 minutes
[]	Day 20	Write 5 affirmations and say them aloud with full conviction
[]	Day 21	Plan something fun and joyful for yourself to look forward to
[]	Day 22	Cook or prepare a nourishing, delicious meal just for you
[]	Day 23	Take a relaxing bath or engage in an intentional self-care ritual
[]	Day 24	Volunteer or give back in a meaningful and heartfelt way today
[]	Day 25	Revisit your goals and celebrate how far you have already come
[]	Day 26	Do one bold thing today that stretches you and helps you grow
[]	Day 27	Send a handwritten note or an uplifting message to someone special
[]	Day 28	Reflect and journal on how much you have grown this entire month
[]	Day 29	Share your joy journey with someone you trust, love, and admire
[]	Day 30	Write your bold, joyful vision and goals for the next 30 days

You did it! Now share your joy and start again. — Tanya Marie Bennett

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STAY CONNECTED

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MEET TANYA MARIE BENNETT

Speaker • Author • Entrepreneur • Joy Strategist

Tanya Marie Bennett is a sought-after keynote speaker, bestselling author, entrepreneur, and government contracts professional whose mission is simple: to help leaders scale their joy, expand their influence, and build a life and career they truly love.

As the Founder and CEO of Gifts of Joy Travel & Events, a luxury boutique travel and events agency, Tanya has spent more than 11 years crafting transformational experiences rooted in faith, fellowship, and inspiration. Her signature Scaling Joy™ framework empowers corporate professionals, executives, and emerging leaders to break through burnout, reconnect with their purpose, and lead from a place of authentic fulfillment.

A dynamic force on stage and in the boardroom, Tanya brings a rare and powerful combination of strategic expertise, faith-driven leadership, and infectious joy energy to every keynote, workshop, and retreat she leads. She is the author of God's Blueprint for Wealth and a passionate advocate for generational wealth, global impact, and joyful, intentional living.

Tanya is available for keynote speaking engagements, corporate workshops, women's leadership events, employee wellness sessions, and luxury retreat experiences worldwide.

Book Tanya for Your Next Event

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Faith • Fellowship • Inspiration • Joy

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Transform Your Team. Elevate Your Event. Scale Your Joy.

Signature Services:

KEYNOTE SPEAKING

Inspiring, faith-driven keynotes tailored to your audience, theme, and organizational goals. Tanya brings energy, authenticity, and actionable insights to every stage.

CORPORATE WORKSHOPS

Immersive, results-oriented workshops designed to help your team break through burnout, reignite purpose, and build sustainable joy in the workplace.

WOMEN'S LEADERSHIP EVENTS

Empowering experiences crafted for women in leadership — helping them lead boldly, live fully, and build the legacy they deserve.

EMPLOYEE WELLNESS SESSIONS

Holistic wellness programming equipping employees with joy strategies, boundary-setting tools, and resilience practices for long-term wellbeing.

RETREAT EXPERIENCES

Luxury retreat experiences combining transformation, travel, and intentional joy — designed to reset, inspire, and reignite your team or personal vision.

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