



## Create More Joy in your Life

1 December 2017

Here we are again. Yet another December. This December we are not going to talk about gratitude, or family. We are not going to talk about doing a post-mortem of the past year and what you learned and didn't learn. And we are not going to even think about your goals and how they went. We are going to think about JOY. After all, that is what really matters.

There are people who have every reason in the world not to be joyful and yet are. And there are others who seem to have so much, but are very unhappy. Joy is something we can manage. So let us look at some ways to put more joy in our lives.

1. Create a happy board. Find yourself a piece of cardboard or even a piece of paper will do. Try and not use your computer or tablet or phone. You want to play around with your hands on the floor. Get a selection of magazines and start cutting out pictures of what makes you happy and paste it on the board to create a "happy" collage.
2. Play with kids or play like a kid. Either will do. Just forget about being an adult for once and get dirty and messy and run around and shout with your friends or family.
3. Read a favourite book or watch a favourite movie - even if it is the tenth time you are reading that book or watching that movie.
4. Think of your blessings. Lie down and recite a list of everything you are grateful for: Food, shelter, friends, love, health, water & electricity (after all who knows how long we may have that for), books, trees, flowers etc.
5. Watch a sunset or sunrise or some other natural spectacle.
6. Dance to your favourite music.
7. Eat your favourite meal
8. Tell yourself a new story. If you don't like your life and you feel unhappy, then start creating a different story for yourself. You cannot do much about the chapters up to now, but you can do a huge amount about the chapters to come.
9. Work on yourself. For example sign up for one of the e-courses under the products and services tab, which you can do at any time once you have it. As you improve yourself so your life just gets better.

*"The walls we build around us to keep out the sadness, also keep out the joy."*

~ Jim Rohn