



LIFE
MANAGEMENT
PRINCIPLES

THIS ISSUE

The simple truth
about joy

Fine-tuning your
“joy” radar

Savoring the
moment ... now

Enjoying the Little Things

Sixty-seven percent of Americans cited “enjoying life more” as their main New Year’s resolution according to an opinion poll commissioned by General Nutrition Centers. I hear similar sentiments from participants who attend my sessions. It seems so many of us are looking for more joy in our lives.

With our over-whelming schedules and “living for the weekend” mentality it can be difficult to recognize joy in our daily lives. We begin to believe that enjoyment is reserved for weekends, vacations and holidays. And that somehow joy is only joy if it comes in a big package.



The truth: Joy is all around us. It can be found in the simplest things like a smile, a kind word, a cup of coffee, or the sound of birds singing. In this edition of *Quest*, you will discover three steps that can help you uncover and experience more joy in your life — every day. I will also share a list of some of the little things that bring enjoyment to my life.

Three Steps to Greater Joy

1 **Be aware** — Life is full of things that can bring us enjoyment. Our responsibility is to be alert to those things. Too often we focus on the negatives and allow opportunities for enjoyment to escape us or go unnoticed. Consider what brings you joy. What makes you happy? What makes you smile? What makes your heart sing? What makes your soul rejoice? What brings you peace of mind? What gives you comfort? Every day, look for those

things that bring you enjoyment. And remember to carve time out of your schedule to savor simple pleasures (e.g. sharing a laugh with a colleague, giving someone a compliment, listening to a favorite song). What little things can you do today to enjoy more of life? Our schedules should never be too busy to experience simple pleasures. And lastly, watch out for “joy robbers” —



those people and things that consistently steal your joy. Limit your exposure to these elements. They not only steal your joy, but can block you from receiving joy from other sources.

2 **Have a present-moment mind-set** — Learn to be mentally “present” so you can experience each moment as it happens. Avoid thinking about yesterday or tomorrow. Our minds can rob us of enjoyment by redirecting our thoughts away from the now and distracting us with thoughts of the future or the past. For example, you’re enjoying a conversation with a friend and you begin thinking about things you still need to do today. You have just moved from the present moment to the future instead of experiencing what is actually happening that moment. One way to practice a present-moment lifestyle is through meditation. An interesting book on the subject is *A Gradual Awakening* by Stephen Levine. You might also consider taking a meditation class. Changing the way we think takes discipline, but it can undoubtedly increase our enjoyment of life.



Try to experience each moment to the fullest. Let your spirit be renewed. Let your heart rejoice. Let your mind rest.

3 **Savor each moment** — Enjoy one moment at a time. Resist cutting your joy short by being in a rush to get to the next moment. Delight in each moment. Allow yourself to thoroughly experience times of joy — laugh, smile, cry, sing. Let your spirit be renewed. Let your heart rejoice. Let your mind rest. Try to experience each moment to the fullest.

Life is a series of moments tied together. Through awareness, a present mind and a willingness to savor each moment, we can all enjoy more of life.

Finding Joy in the Little Things

Important to this journey called life is experiencing joy and much of that can be found in the uncomplicated aspects of daily living. Here are just some of the little things that bring me enjoyment.



- Eating in-season fruits and vegetables
- Feeding the birds
- Feeling the warmth of the sun on my face
- Gazing at the stars in the sky
- Giving a compliment
- Going for a walk
- Having a quiet moment in front of the fireplace

- Hearing my favorite song on the radio
- Laughing with my husband
- Listening to the sound of a wind chime
- Planting flowers
- Putting a jigsaw puzzle together with my goddaughter
- Reading a passage from the Bible
- Receiving a greeting card
- Saying thank you
- Seeing a “Just Married” sign
- Sending a greeting card
- Sharing a smile
- Sipping a cup of hot chocolate
- Sleeping on new bed linens
- Smelling brownies baking
- Taking a relaxing bath or shower
- Talking with a friend
- Walking barefoot
- Watching my two dogs play



As we embark on a new year, my wish for you is that every day you will experience great joy from the little things of life.



Jennifer is a professional speaker, author and president of CommuniQuest, Inc. Through her seminars and keynotes, she delivers fresh insight and proven techniques on how to work smarter and live a more satisfying life. For more information on her workplace strategies and inspirational programs, visit www.communiquest.com or call 1-888-866-0821.

For guidelines on reprinting *Quest* articles in other publications, please e-mail inquires to: Quest@communiquest.com. To be added to the subscription list or to change your e-mail address, visit <http://www.communiquest.com/newsletter/newsletter.cfm>. To be removed from the list, e-mail Quest@communiquest.com. Please share *Quest* in whole or in part with copyright and attribution included.