



Quick Tip:

Start by knowing what you and the important people in your life want to accomplish and experience in their lifetime. You can add or subtract from it over time, but you need to start by having a list.

Create More Joy

“Joy does not simply happen to us. We have to choose joy and keep choosing it every day.” Henri Nouwen

How often do we find ourselves in a joyless place, either personally or professionally? We can't escape difficult situations in life or avoid making a few poor decisions, but we can control some things in life, and this is where we

focus to create more joy.

Travel with my family is a great source of joy for me and having the opportunity to work remotely has been an incredible blessing. For many years we set out in October and traveled in our RV until Christmas. When we started 20 years ago, remote work was not common nor was it easy. We didn't have Starlink, we didn't have WIFI in every coffee shop and RV park, we didn't even have widespread cell service. It took effort and compromise to define a route to visit new places while ensuring phone and internet connections to attend meetings and achieve work commitments. We wanted these travel experiences, and we were intentional about making them happen. Ultimately, it was worth all the effort, the compromise, and the occasional conflict or disappointment to have this source of joy in our lives.

The keys to creating joy both personally and professionally is determining what is important to you and your family and then being intentional about making those things happen.

Be Intentional

Three simple, intentional steps:

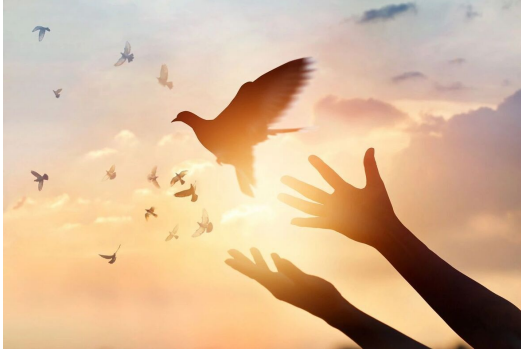
- Know what you want.
- Create a plan.
- Make it happen.

A wonderful book on being intentional and enjoying life is, "Die with Zero" by Bill Perkins. His premise is that most people start working to make money with intentions to use their money to enjoy life. However, they go into auto pilot and don't get to the "enjoy" part of life until it's too late.

Similarly, I believe many people want a fulfilling career, but they go into career auto pilot, working for organizations that suck the joy out of their work and never making a change. Living on auto pilot and not experiencing joy in work and personal life is dispiriting. The song that comes to mind is "Eleanor Rigby" by the Beatles, lamenting the lives of lonely (and joyless) people.

Are you intentional about creating joy in your life or are you on auto pilot, allowing time to pass without doing the things you really want to do?

Read more about creating personal and professional joy in my "Create More Joy" blog.



Christian Joy and Work

For Christian Business Leaders:

” Joy is distinctly a Christian word and a Christian thing. It is the reverse of happiness. Happiness is the result of what happens of an agreeable sort. Joy has its springs deep down inside. And that spring never runs dry, no matter what happens. Only Jesus gives that joy.

He had joy, singing its music within, even under the shadow of the cross.”
- S.D. Gordon

For Christians, our important life outcomes spring from the joy of knowing God’s love for us regardless of what’s happening in our lives. According to the Catechism of the Catholic Church (571), “God’s saving plan was accomplished ‘once for all’ by the redemptive death of his Son Jesus Christ.” Nothing, nothing, should take away Christian joy.

If you are looking for more joy as a Christian business leader, consider growing in these areas:

- Have a Clear Purpose both in what work you do and how you lead.
- Grow in Virtue, living as a good person makes life and work more joyful.
- Face Adversity because having Christian Joy is not about being “happy”.

Read more about growing in these in my “Christian Joy and Work” blog.

Additional Resources:

Read *No Regrets: A Fable About Living Your 4th Quarter*. A Christian book that inspires, moves and encourages you to make the most of the one life you’ve been given no matter what quarter of life you are in.

Be intentional and enjoy life. Read, “*Die with Zero*” by Bill Perkins. His premise is that most people go into auto pilot and don’t get to the “enjoy” part of life until it’s too late.

Read a whitepaper from the Forbes Council on *The Role of Joy in the Workplace*.



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About Annette

Annette is a business transformation coach focused on aligning your business to your values, improving leadership and increasing operational effectiveness. Her Transformation Tips newsletter shares business advice, resources and best practices.



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