



Creating Joy By Practicing 'More'

There is a positive relationship between creating joy and achieving your goals. When you develop joy in your life, it is easier to accomplish your goals. When you achieve your goals, joy and other positive feelings come naturally into your life.

In our work, we discovered that when you do 'more' to achieve a goal, you create momentum for accomplishing it successfully. Doing 'more' means going beyond the way you are achieving a goal or choosing an expansive goal to achieve. Practicing 'more' to accomplish a current goal and achieving an expansive goal bring joy and other positive feelings to your life and work.

This article shares three ways to practice 'more' to achieve your goals which help you to create joy in your life.

Creating joy helps you to develop well being and success. With joy, it is easier to expand your creativity, create fulfillment in your life, develop positive relationships and contribute to people and society in positive ways.

Here is the first of three exercises to assist you.

Exercises For Creating Joy By Practicing 'More'

Developing Your Positive Qualities To Practice 'More' Exercise

Positive qualities are your strengths. When you develop them, they assist you to achieve your goals and develop joy in your life. A few examples of positive qualities are; courage, empathy and appreciation.

You can develop a positive quality for your life, an area of your life or a project or activity in one of these areas. We identify the areas of life as; health, relationships, finances, work and career and personal growth.

Here are the steps in this exercise.

1. Choose a positive quality you would like to develop in your life.

2. Write a Positive Quality Statement about how this quality is assisting you to achieve your goals and create joy in your life. Write the Statement as if the quality you are developing is already assisting you to accomplish these.

Here is an Example.

Example of a Positive Quality Statement.

I am developing courage in my life. This assists me to be open and authentic in my relationships. In my personal life, this is helping me to create fulfilling relationships with my friends and family. At work, this is assisting my team members to share their ideas authentically too. This enables us to work together effectively and achieve excellence in our work. Developing courage is assisting me to create fulfilling, trusting and constructive relationships in my life and work.

3. Now, write down the actions you are taking for the next 60 or 90 days to develop this quality. It is often a good idea to take at least one action each day to develop a quality. You can take more than one action when this assists you to strengthen a quality in your life.
4. Each week, look at how this quality is assisting you to create joy and other positive feelings.
5. Every month, take an in-depth look at the quality you are developing and your results. Modify your actions when this assists you to develop this quality.
6. At 60 or 90 days, look again at your results. Continue to work with the same quality or choose another to assist you to achieve your goals and create joy in your life.

Developing Your Skills To Practice 'More' Exercise

A skill is the knowledge and expertise you have in an area of your life or work. You can practice 'more' by strengthening a skill. This includes; increasing your knowledge and expanding your expertise, which includes developing your own original work in this area and sharing your expertise and knowledge in new ways.

For example, let's say that you are an artist and specialize in watercolor collage and you have developed your own methods.

You practice 'more' by continuing to take classes and develop original methods in this area of art. Another way you practice 'more' is to share your work in new ways. You join an artist collective which hosts art shows and other events. This gives you the opportunity to share your work with the public and meet new students.

Here is an exercise which assists you to develop a skill.

1. Choose a skill you are developing in your life or work.
2. Decide on the ways you would like to practice 'more' by expanding your knowledge and expertise, developing original methods or sharing your work in new ways.
3. Write a Positive Goal Statement. This is a Statement about a goal as if you are already achieving it successfully. This Statement includes the way you are practicing 'more' and the benefits you are receiving in your life or work.

Here is an example.

I am developing my skill as a watercolor collage artist. My original collage methods assist my students to gain greater knowledge and skill in the art of watercolor collage. Joining the local art collective gives me the opportunity to meet other artists and share my work with art students and the public. This assists me to create joy and fulfillment in my life and help students to be trained in this area of art.

4. Make a list of the actions you will take to develop this skill during the next 60 or 90 days.
5. Each week, look at the actions you are taking and the results you are receiving by developing this skill in your life.
6. After 30 days, look again at your results. Modify your actions when this assists you to achieve your goals and create joy in your life and work.
7. After 60 or 90 days, decide to develop the same skill or choose another to work on for 60 or 90 days.

Choosing an Expansive Goal to Practice 'More' Exercise

Your choice of an expansive goal is another way to practice 'more'. An expansive goal is one which is beyond your current goals - it invites you to stretch to achieve it.

It is essential to have a foundation for an expansive goal. At the same time, this kind of goal is beyond a 'next step' goal. It often requires innovation and developing your strengths and skills to achieve it. Expansive goals create an opportunity for personal and group development.

Here is an exercise which assists you to achieve an expansive goal in your life or work.

1. Choose a goal which is beyond your current goals and requires innovation and new skills and strengths to achieve it.
2. Write a Positive Goal Statement about this goal. Here is an example.

We are expanding our distribution of water filtration equipment to families in third world countries. This larger outreach requires greater organization from our company. Our innovative technology enables us to expand our positive contribution to the health and wellbeing of families in third world countries.

3. List the actions you will take during the next 3 years to achieve this goal.
4. List your actions for each year.
5. Divide your actions for the next year for each quarter of the year.
6. Further divide your actions for each month.
7. For the next month, list your actions for each week.
8. Each week, look at your actions and results. Modify your actions when this assists you to achieve this goal.
9. When the time you set aside for this expansive goal is complete, take an in-depth look at your goals and actions. Review, refine and refresh these to create success.

Developing your positive qualities, strengthening your skills and achieving expansive goals assists you to create joy in your life. Developing joy helps you to create well being and success.

With joy, it is easier to develop your creativity, create fulfillment in your life, develop positive relationships and contribute to people and society in positive ways. Joy and practicing 'more' bring new possibilities to you and assists you to contribute to the lives of other people and society in positive ways.

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