



Creating Joy and Wellbeing - A Success Principle

Creating Joy and Wellbeing is a success principle. There is positive synergy between achieving your goals successfully and creating joy and wellbeing in your life and work.

When you are actively achieving your goals, you feel joy and other positive feelings naturally. When you feel joy, it is easier to take positive actions which create success. Developing joy helps you to achieve your goals and creates a foundation for expanding success.

This article describes three ways to create joy and wellbeing. Here are these exercises to assist you.

Exercises for Developing Joy and Wellbeing

Developing Joy In My Life - A Daily Joy Exercise

1. Ask yourself this question every day.

“What can I do today to create joy in my life and the lives of other people?”

2. Write down one action that assists you to create joy in your life and one which assists other people to develop joy.

The actions you take in your life can be for your life, an area in your life or a project or activity in one of these areas. We identify the areas of your life as; health, relationships, finances, work and career and personal growth.

3. Take one action each day to develop joy in your life and one action which assists other people to create joy.
4. Each week, refine and refresh your actions so that you create joy and other positive results. Work with the same or new actions each day that bring joy to your life and the lives of other people.

Developing Joy and Wellbeing In My Work Exercise

One way to create joy and wellbeing in your work is to develop your positive qualities. Positive qualities are strengths. Some examples are; courage, empathy, and trust.

Positive qualities assist you to create successful relationships and excel in your work.

Here is an exercise to assist you.

1. Choose a positive quality which helps you to achieve your goals and develop successful relationships at work.
1. Write a Positive Quality Statement. The Statement should be written as if the quality you have chosen is already helping you to accomplish your goals. Here is an example.

I am developing the quality of listening. This assists me to be open and receptive to the ideas of my team and other members of our staff. Listening is helping me to develop trust with my team, staff and supervisors. Developing the skill of listening is assisting me to create positive relationships and excel in my work.

2. Write down the actions you will take during the next 90 days to develop this quality.
3. Write down the actions you will take each month.
4. List the actions you will take each week during the first month.
5. Take at least one action each day.
6. Every week, look at your actions and their results.
7. Every 30 days, take an in-depth look at your results. Refresh your actions when this assists you to strengthen this quality.
8. At 90 days, continue to work with the same quality or choose another to develop which assists you to create joy and wellbeing in your life and the lives of other people.

Developing Group Joy and Wellbeing Exercise

We are living in a collaborative time. Whether with family and friends or at work, group skills are more essential than ever before.

This exercise assists you to develop group joy and wellbeing at work. It assists the members of your group to experience fulfillment, creativity and other benefits which joy brings to a group.

One way to develop group joy and wellbeing is to practice 'more'. This means doing 'more' to create joy and achieve your goals. You can do 'more' to achieve success on a project you are working on and you can do 'more' to strengthen the relationships within your group. Both of these assist you to develop joy and wellbeing.

Here are the steps in this exercise.

1. As a group, create a definition of what group joy and wellbeing means to you.
2. Write a Group Joy and Wellbeing Statement. Write the Statement as if you are already achieving the positive results you would like to create by developing joy and wellbeing.

Here is an example of a Group Joy and Wellbeing Statement.

We are developing appreciation for one another. This gives us a 'green light' to share our ideas openly. We show appreciation and respect for one another even when we have different ideas about our project goals and solutions. We solve our differences easily and excel in our work together.

3. Make a list of the steps you will take to do 'more' together to create joy and wellbeing and achieve your goals.
4. Decide on a length of time for this work together. This can be 60 or 90 days, a year or another length of time.
5. Make a list of the actions you will take to practice 'more'.
6. List your actions for each quarter and for each month during the first quarter.
7. Write down the actions you will take for the coming week.
8. Take actions each week and review them at the end of the week. Modify your actions when this assists you to achieve your goals and create joy and wellbeing in your work together.
9. After 60 or 90 days or another length of time you have chosen for this work, continue with the same ways you are practicing 'more' or choose new actions which assists you to create joy, wellbeing and success.

Developing joy and wellbeing helps you to create success. Joy and wellbeing assists you to take constructive actions, develop positive relationships and create new possibilities in your life and work. This helps you to excel and to contribute to people and society in positive ways.

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