



Creating Joy, Wellbeing and Success

Joy, wellbeing and success are related to one another. Working on one of these assists you to develop the other two in your life.

When you have joy in your life, it is easier to achieve your goals. Accomplishing your goals helps you to develop success and wellbeing in your life. When you have wellbeing, joy and other positive feelings come into your life and it is easier to take the actions which achieve your goals successfully.

This article shares exercises which assist you to develop joy, wellbeing and success in your life and work.

Creating Joy Exercise

The following exercise helps you to create joy everyday. It is a daily joy exercise.

1. Each day, write down an action you would like to take to create joy in your life. You can take the same action or a new action each day.
2. Now write down an action you would like to take to assist other people to create joy in their life.
3. At the end of the day or the next day, look at your actions and results. How did they assist you to develop joy in your life and the lives of other people? Take the same actions or choose new actions for the current or following day.

Developing Success Exercise

Success principles are the foundation for creating success in your life and work. Success practices help you to integrate these principles, achieve your goals and create new possibilities in your life.

Two success principles we work with are:

Creating Momentum Benefiting Everyone

You can read an article about these principles on our website. Go to:

<https://oshanasjoyinstitute.com/articles>

Here are the titles for these articles.

Creating Momentum - A Principle of Success
Benefiting Everyone - A Principle of Success

One of these articles is about developing momentum which is the ability to 'go forward' to achieve a goal successfully. Consistency helps you to develop momentum.

The first step in creating momentum is to write a Positive Goal Statement. This is a Statement about a goal as if you have already achieved it successfully. Here is an example.

I am an engineering student and attend a university which provides excellent education. The faculty and staff are supportive and I am developing collegial relationships with students in my classes. My engineering education is providing a strong academic foundation for a successful engineering career.

Here are the steps in this exercise.

1. Decide on a goal which is essential for you to achieve.
2. Write a Positive Goal Statement (see the example above).
3. Make a list of the actions you will take for the next year to achieve this goal.
4. Divide these actions for each quarter of the year.
5. For the first quarter, write down the actions you will take each month.
6. Make a list of the actions you will take each week during the first month.
7. Each week, look at your actions and their results. Refine your action steps when this assists you to create success.
8. Review and refine your goals monthly.
9. Establish an amount of time to achieve this goal. It can be for a year or you can

choose a shorter amount of time for accomplishing a goal or a milestone towards a goal. We often use 60 and 90 days in our work.

10. At the end of this period of time, continue to work on the same goal or choose another to work on and achieve successfully.

Creating Wellbeing

It is easier to create wellbeing when you develop it in one area of your life. We identify the areas of life as; health, relationships, work and career, finances and personal growth.

The exercise for developing wellbeing is similar to the one for creating success. The difference is that the goal you are working on also creates greater wellbeing for yourself and/or other people.

Here is an exercise to assist you to achieve a goal which also creates wellbeing.

Creating Wellbeing Exercise

1. Choose an area of your life in which you would like to achieve a goal and develop wellbeing.
2. Write a Wellbeing Goal Statement.

This Statement is similar to a Positive Goal Statement and includes the benefit of developing wellbeing.

Here is an example of a Wellbeing Goal Statement for the owner of an organic clothing company. Achieving her business goals makes it possible for her to create wellbeing for her family by having quality time with them.

My organic clothing company is expanding. Hiring more employees and delegating work to them makes it possible to be at home when my children come back from school. Assisting them with their homework and having time for enjoyable activities together strengthens our relationship. The success of my business enables me to make new choices in my life and create wellbeing for myself and family.

A Wellbeing Goal Statement for a project or activity within one area of your life has the same format as the above Statement.

3. Make a list of the actions you will take during the next 60 days to create wellbeing in this part of your life or activity or project within one area.

4. Write down the actions you will take for each month.
5. Divide these into the actions you will take each week.
6. Every week, look at the actions you will take each day.
7. The same or next day, look at your actions and their results. Refine your actions when this assists you to achieve the goal successfully.
8. Each week, look at your results and refine your actions for the next week.

Joy, wellbeing and success create new possibilities in your life. They open the way for positive relationships and new opportunities. Creating joy, wellbeing and success enriches your life and assists you to contribute to the lives of other people and society.

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