



### ***Creating Joy...in my life, relationships and society***

Developing joy assists your life in many ways - it is easier to achieve your goals, develop positive relationships and contribute to society. And when you develop these areas of your life, joy comes naturally.

This article shares several ways to create joy by achieving your goals, developing positive relationships and contributing to society.

#### **Creating Joy In My Life**

One way to develop joy in your life is to achieve your goals in a consistent way. Consistency creates momentum, which is the ability to 'go forward'. Taking actions to achieve your goals in a continuous way brings joy and other positive feelings to your life.

An effective way to create momentum for your goals is to work on them every day. While this may not be possible for every goal, you can often create time each day for the goals which are the most essential to you. For other goals, having regular times each week or month to work on them, such as two or three times a week or twice a month, helps you to develop momentum for achieving these goals too.

Accomplishing your goals is one way to develop joy in your life. Achieving goals assists you to create fulfillment in your life and wellbeing for people and society.

#### **Developing Joy In My Relationships**

One way to create joy in your relationships is to develop your positive qualities. Positive qualities are your strengths. A few examples are; courage, empathy and appreciation. You can develop positive qualities in your life and you can also develop them in your relationships.

When you develop positive qualities in your relationships, you can focus on a quality in your life which will assist you to create positive relationships or you can strengthen a quality together with another person. For example, let's say you would like to strengthen a positive quality with a colleague at work. You are working on a project together. Both of you

would like to create positive ways to develop new ideas together. You decide to develop the quality of listening - the ability to be open to the ideas of each other. Each week, at your weekly meeting, you talk about how you are developing this quality and the ways it is assisting you in your work together.

We often overlook how helpful it is to expand the quality of our relationships. There is always 'more' we can do to take actions which help us to create exemplary relationships. One way to do this is to ask ourselves this question:

*What 'more' can I do to develop this relationship in a positive way?*

### **Creating Joy In Society**

Creating joy in our lives and our relationships helps us to develop joy in society. When joy is present in our life, we look for ways to help other people. Developing joy in our relationships assists us to create new ideas and resources that enable us to contribute to the world in positive ways.

In addition to creating joy in our lives and relationships, developing knowledge and new skills expands our ability to help other people. Increasing our knowledge and expertise brings innovation and excellence to the ways we contribute to the world.

As with any goal which is significant in your life, developing consistent actions to increase your knowledge and expertise helps you to contribute in ways which uplift people and society.

Creating joy in your life, developing positive relationships and expanding your knowledge and skills assists you to create joy in society. These help you to excel, to be creative and to make unique contributions which create wellbeing in the world.

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