



## **The Benefits of Joy**

The presence of joy assists you, other people and society.

Joy helps you to achieve your goals, create fulfillment in your life and develop successful relationships. It assists you to give to other people and contribute to society in positive ways.

One way to create joy is to develop your positive qualities and skills. Positive qualities are strengths such as; courage, appreciation and empathy. Skills are the knowledge and expertise you develop in a profession and in other activities in your life.

This article shares a few exercises which assist you to create joy in your life, the lives of other people and society.

### **Creating Joy In Your Life**

I would like to share one of the ways which assisted me to develop joy in my life.

Several years ago, I noticed that a colleague of mine had joy in his life. His relationships were positive and new opportunities came to him in his life and work.

I began to create joy in my life and developed exercises which assisted me. I practice one of these exercises every day. I ask myself what I can do

each day to create joy in my life. This exercise assisted me to develop joy in many areas of my life.

Several years later, I developed exercises which help people to achieve their goals. I use these exercises regularly too. I find that by working on creating joy in my life and achieving my goals, it is easier to accomplish both of these successfully. When I work on my goals, I feel joy, wellbeing and fulfillment in my life. When I develop joy in my life, it is easier to take positive actions which enable me to achieve my goals.

### Helping Other People To Create Joy

Helping other people to create joy brings joy to your life too.

One way to assist others is to ask yourself each day what you can do to help other people create joy in their life. Taking at least one positive action each day helps you to assist others to develop joy in their life.

### Creating Joy in the World

Creating joy in the world brings joy to your life and the lives of other people. One way to create joy in society is to develop your strengths and skills and use them to help others.

Here are a few examples.

As an artist you assist children in developing countries to develop their artistic abilities by taking art classes. You start a global organization of artists from many countries who work together on this project.

Another example is an engineer who develops opportunities for high school students to discover the benefits of a career in science or engineering.

You create a science and engineering curriculum for high school students who will be attending college soon.

The following exercise assists you to develop your positive qualities and skills to help society. Here are the steps in this exercise.

1. Choose a positive quality or skill you would like to develop which assists you to create joy and wellbeing in society.
2. Write a Positive Goal Statement - this is a statement about a goal which includes how the positive quality or skill you are developing is assisting you to create joy and wellbeing in society. This statement is written as if a positive quality or skill is already assisting you in this way.

Here are a few examples.

#### Positive Goal Statement - Developing My Positive Qualities

*My band tours globally and plays music at humanitarian events which benefit people in many countries. We are developing the positive quality of appreciation for one another. This encourages us to develop our creativity and share new ideas about our music with one another.*

*Sharing our original music with people in many countries brings joy and fulfillment in our lives and work. We are helping humanitarian projects raise funds which bring resources to enable people all over the world to have greater wellbeing in their lives.*

#### Positive Goal Statement - Developing My Skills

*As an engineer, I am developing skills in water filtration technology. This enables me to contribute specialized knowledge to my team for the water filtration projects we develop together. This technology is assisting families in third world countries to improve their health and create greater wellbeing in their lives.*

3. Decide on the length of time you would like to work on this goal and the positive quality or skill you are developing to assist you.
4. Make a list of the actions you will take for 60 days, 90 days, a year or another length of time to achieve this goal.
5. Take at least one action each day from this list.
6. Each week, look at your actions and their results. Revise your actions when this assists you to accomplish the goal.
7. Each month, take another look at your actions and results.
8. Do this again each quarter.
9. At the end of the time you are working on the goal and positive quality or skill, decide to work with the same goal, positive quality or skill or choose a new goal, quality and/or skill which assists you to contribute to society in positive ways.

Developing joy assists you to create fulfillment in your life and positive relationships. Creating joy brings creativity and positive solutions in your life and work. These benefits of joy assist you to create wellbeing In your life, the lives of other people and society.

Oshana Himot, MBA, a speaker, author and organizational mentor, works with professionals, assisting them to create joy and wellbeing in their life and work and achieve their goals. She has a Masters of Business Administration degree from Golden Gate University in San Francisco, California and credits towards a Ph.D. in Learning and Change in Human Systems from the California Institute of Integral Studies in San Francisco, California. She is currently writing a book about joy and can be reached at: [oshana@oahanasjoyinstitute.com](mailto:oshana@oahanasjoyinstitute.com).