



Developing The Principles of Joy

Joy is the presence of wellbeing in our lives. When joy is present, it is easier to achieve our goals, develop positive relationships and create new possibilities in our life and work.

In our work, the principles of joy are our values and the ways we create joy. Joy practices help us to use these principles in our life and work.

Here are some of the principles of joy we include in our work.

- Giving 'More'
- Working On Goals Every Day
- Developing Strengths And Skills
- Creating Wellbeing For Everyone

The joy principles - giving 'more' and creating wellbeing for everyone - are values. Working on goals every day and developing strengths and skills are methods which assist you to develop joy and wellbeing. Both of these types of principles enable you to expand joy and wellbeing in your life and work.

Here is a short description of each of these principles.

- Giving 'More'

Giving 'more' means giving 'more' to a project, activity or relationship in your life or work. For a project or activity, this can be developing ways to give 'more' through the actions you take which create success. For relationships, giving 'more' means taking actions which assist you to create positive relationships. Giving 'more' helps you to develop joy and wellbeing in your life and the lives of other people.

You can give 'more' by taking inner and outer actions. An inner action is an action you take to remind you of the ways to give 'more'. An example of an inner action is a Joy Statement. This is a statement about the ways you are creating joy in your life and the lives of other people through a project, activity or relationship in your life or work.

An outer action is an action you take in the outside world which helps you to give 'more' to a project, activity or relationship. Examples of outer actions are; having a meeting or doing research.

Another way to give 'more' is by asking this question:

What actions can I take to give 'more' to this project, activity or relationship in my life or work?

- Working On My Goals Every Day

Working on your goals each day brings joy, fulfillment and new possibilities in your life and work. The positive actions you take every day create wellbeing for you and other people.

- Developing My Strengths and Skills

Developing your strengths and skills assists you to create joy and develop new possibilities in your life and work. Strengths are positive qualities such as courage, appreciation and empathy. Skills are abilities such as your expertise as an engineer or ability you have as an artist. When you develop and share your strengths and skills, joy, fulfillment and wellbeing come naturally.

- Creating Well Being for Everyone

Creating wellbeing is a value which you can develop individually and with a group. It is a good idea to understand the outcomes of the projects and activities in your life and work. The intention to create wellbeing and your actions to achieve it assists you to create wellbeing in your life, the lives of other people and society.

One way to create wellbeing for everyone is to ask these questions:

How does this goal, project, or activity create wellbeing for everyone?

What actions can I take to create this?

Asking these questions assists you to develop positive actions for your goals and projects in a way which benefits everyone.

The practices of joy help you to integrate the principles of joy in your life and work. Here is an exercise which assists you to work with one or more of the principles shared here or another which helps you to create joy.

Developing The Practices of Joy Exercise

1. Choose one of the joy principles shared above or another you would like to develop in your life and work.
2. Write a Joy Statement. This is a statement about the ways a joy principle is assisting you to achieve your goals and create joy in your life or work. Here is an example of a Joy Statement about working on your goals every day.

Achieving My Goals Every Day Joy Statement

I work on my goals every day. This enables me to achieve them successfully. Taking positive actions on each essential goal assists me to develop innovative ideas and new possibilities which benefit my life and the lives of other people. Working on my goals each day helps me to create joy, fulfillment and success in my life and work.

3. Write a list of the actions you will take for the next 90 days to develop this principle of joy in your life or work.
4. From this list, make a list of the actions you will take each month.
5. For the first month, make a list of actions for the first week.
6. Take at least one action each day to develop this joy principle.
7. At the end of the week, look at your actions and their results. Modify your actions when this assists you to achieve your goals and create joy in your life.
8. At the end of each month, look again at your actions and results.
9. After 90 days, work with the same joy principle for 90 days or choose another which assists you to develop joy in your life and work.

The principles and practices of joy assists you to create joy, wellbeing and success in your life and work. They help you to develop positive relationships and new possibilities. Developing joy expands your life and work and assists you to contribute to the lives of people and society in positive ways.

© 2022 Oshana Himot, MBA. All Rights Reserved.

Oshana Himot, MBA, is a speaker, author and organizational mentor. She works with professionals, assisting them to create joy and achieve their goals. Oshana has a Masters of

Business Administration degree from Golden Gate University in San Francisco, California and credits towards a Ph.D. in Management from the Maharishi International University in Fairfield, Iowa. She is currently writing a book about joy. Her email address is:

oshana@oshanasjoyinstitute.com.