



Creating Joy and Success

Joy is a feeling of wellbeing. Success is the ability to achieve your goals and create excellence in your life and work.

When you have joy in your life, it is easier to achieve your goals. When you accomplish your goals, joy and other positive feelings come naturally.

Several years ago, I had a major epiphany. I discovered that when my clients had joy in their life, they achieved their goals, developed positive relationships and created new possibilities in their life.

I started to create joy in my life and developed several exercises which assisted me. As I continued this work, I began to research how to achieve goals successfully and created exercises for this work too.

While I worked on creating joy and achieving my goals, I discovered the synergy between them. Developing joy assisted me to accomplish my goals and taking positive actions towards my goals helped me to create joy in my life.

This article shares exercises which assists you to develop joy and achieve essential goals in your life and work.

Creating Joy Exercise

1. Choose an area of your life or work in which you would like to create joy.

We define the areas of life as; health, relationships, finances, career and work and personal growth.

2. Write a Joy Statement about this area of your life. This Statement is a goal statement which includes creating joy. Write it as if you are already achieving the goal and creating joy in this part of your life.

Here is an Example of a Joy Statement about creating joy by developing positive relationships.

I am creating positive relationships in my life. Developing the courage to share my thoughts and feelings with friends and colleagues is assisting me to create positive, fulfilling relationships. It also helps other people in my life and work to share their thoughts and feelings authentically too. Creating trusting, positive relationships is helping me to develop new possibilities and create joy in my life.

3. You can also write a Joy Statement about a project or activity you are working on in one area of your life or work.

Here is an Example about creating positive relationships with the members of a team at work.

I am developing positive relationships with the members of my team. I am acknowledging and accepting their ideas even when different from my own. This helps me to be open to new ideas and assists other team members to be open to new ideas too. This creates a culture of trust which helps us to develop innovation and excellence and make a positive contribution to our department and company.

In this Example, developing positive relationships with team members creates trust, creativity and excellence. These relationship qualities bring joy and other positive feelings to the members of a work group.

4. Make a list of the actions you will take within the next 90 days to achieve this goal. It is often a good idea to take the same action each day and more than one action when this helps you to accomplish the goal.
5. From this list, write down the actions you will take each month during the next 90 days.
6. Look at your list of actions for the first month and write down the actions you will take during the next week.
7. Look at this weekly list every day and write down the actions you will take the same or next day.
8. Take at least one action each day.

9. Every 30 days, look at the actions you are taking and how this is assisting you to achieve the goal and create joy in your life or work. Refine your actions when this assists you to achieve the goal.
10. After 90 days, look again at the actions you are taking and how they are assisting you to accomplish the goal and create joy. Work with the same goal for the next 90 days or choose another which helps you to create joy in your life and work.

The following exercise assists you to create momentum for achieving a goal successfully.

Achieving My Goals Exercise

1. Choose a goal you would like to achieve within 60 days. You can also select a goal which takes more than 60 days - one in which you can complete one or more steps towards the goal in 90 days.

As with the exercise above, the goal can be for an area of your life or a project or activity with one of these areas. In this exercise, the emphasis is on creating momentum for achieving a goal by taking consistent actions to achieve it.

2. Write a Positive Goal Statement. This is a Statement about the goal as if you have already achieved it successfully.

This Statement can be one sentence or several paragraphs. Here is an example of a Positive Goal Statement for a project. This project is a Planning Calendar which helps people to be organized and achieve their goals.

Our Planning Calendar is helping people to achieve their goals, stay organized and create success in their life and work. Our original methods assist people to go forward in new ways. The revenue from Calendar sales is increasing. This enables us to fund our youth program which helps young people to develop a successful life and career.

3. Make a list of the actions you will take to achieve this goal within 60 days.
4. Choose the actions you will take each month.
5. Look at the actions you are taking during the first month. Write down the actions you will take during the next week.

6. Look at this list each day and choose the actions you will take the same or the next day.
7. After 30 days, look at the actions you are taking and how they are assisting you to achieve the goal. Refine your actions when this helps you to go forward successfully.
8. After 60 days, decide to continue to work with the same goal or choose another to achieve during the next 60 days.

Creating joy assists you to take positive actions to achieve your goals. When you accomplish your goals, joy comes naturally. Developing joy and achieving your goals helps you to create new possibilities and success in your life and work.

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Oshana Himot, MBA, is a speaker and organizational and life mentor. She works with professionals and students, assisting them to achieve their goals and create joy and success in their life and work. 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.