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7 Keys for Joyful Living!

Here are some thoughts for finding and experiencing joy in your life.

by **Chris Widener**

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Here are some thoughts for finding and experiencing joy in your life. If there were one thing I could wish upon my family, friends and the readers of this Ezine, it would be joy in everything they do!

Know your purpose. Nothing will bring you joy more than knowing what it is that you are about on this earth. Not knowing brings sadness, wondering, fear and lack of fulfillment. Above all, find out what your unique purpose is here on this earth - then fulfill it! As you do, you will experience joy!

Live purposefully. This is a follow up to number one. It is one thing to know your purpose, but then you need to live according to that purpose. This is a matter of priorities. Let your actions and schedule reflect your purpose. Don't react to circumstances and let them cause you to live without your purpose fully in site. Living without your purpose will cause frustration. Living purposefully will bring you deep satisfaction and joy!

Stretch yourself. Don't settle into the status quo. That will leave you unfulfilled. Always look to stretch yourself. Whatever you are doing, stretch yourself to do more! Stretching yourself will break the limits you have set for yourself and will cause you to find joy in your expanded horizons!

Give more than you take. It brings happiness to accumulate. It brings joy to give away. Sure, getting the car you worked hard for will bring you a sense of satisfaction and even happiness. But it won't bring you joy. Giving something away to the less fortunate will bring you deep, abiding joy.

Surprise yourself, and others too. The words here are spontaneity and surprise! Every once in a while, do the unexpected. It will cause

everybody to sit back and say, "Wow, where did that come from?" It will put a little joy in your life, and theirs.

Indulge yourself sometimes. To much indulgence and you are caught in the happiness trap. Looking for the next purchase, celebration etc to bring you a little "happiness high." But if you will allow yourself an infrequent indulgence as a reward for a job well done and a life well lived, you will appreciate the indulgence and experience the joy of it.

Laugh a little - no, a lot! Most people are just too serious. We need to laugh a little - no, a lot! Learn to laugh daily, even if you have to learn to laugh in bad situations. This life is to be enjoyed! The next time you go to the movie rental store, get a comedy and let loose! Let yourself laugh!

Joy can be yours! Look for it, pursue it and enjoy it!

Chris Widener is an example of how anyone can overcome any odds to achieve a successful life and help others achieve the same. Chris has overcome many obstacles... living through his father dying suddenly when he was four, being sent away from his family to live with relatives at age nine and becoming involved with drugs and alcohol by the age of twelve. Chris overcame those obstacles and has for the last ten years worked with some of the most financially successful families in America, helping them to achieve both personally and professionally. Now he can do the same for you!