

How to Create More Joy in Your Life:

*7 simple things you can do to
create a life that feels better
for you and those that
surround you.*

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What is Joy?

It is something we ALL strive to have in our lives. It is that sunshine feeling we get when we feel happy. It is that warm, inner smile.

Why does it seem so hard to find or keep?

Many of people look for happiness in material things, relationships, jobs, etc... and then as soon as that thing/person is gone from their lives, they don't know how to get happy again.

Where does it really come from?

True Joy comes from within.

No matter what is going on around us, we have to learn to be happy not only WITH ourselves but WITHIN ourselves. Happiness is something we ALL have access to every day and every night, regardless of the things or people we are surrounded (or not surrounded) by.

Happiness is a choice. When we choose to make ourselves happy, it happens automatically. Happiness attracts Happiness. Just be *deciding* to be happy, you can create a life of joy for yourself and others.

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Here are some tips on how to create more joy in your life:

- 1) Focus on things you are **Grateful** for – Do you sleep in a warm bed at night? Do you have clothes to keep your skin protected? Do you have at least one person who cares for you? Everyone has SOMETHING to be grateful for. Taking an inventory on a daily basis of the things in your life you can be grateful for can change your life.
- 2) Be willing to **Laugh** – When situations seem stressful or frustrating, what would happen if instead of getting angry, you found a way to laugh at the ridiculousness of it all. Laughing is a sure fire way to ease up tension in any situation.
- 3) See the **Abundance** that Surrounds you – Instead of focusing on the things you don't have, focus on the things you DO have. When you focus on things you are lacking, you attract more of it. When you recognize that your life is already abundant, even if it is not in the way you expect, you open up to more abundance in all forms.
- 4) Be open to **Receive** – When someone give you a compliment, do you brush it off or accept it? If someone gives you a gift, do you say something like: "You shouldn't have?" Why not decide that you are worthy or deserving of what you are being given? Learn to accept graciously, willingly and honestly.
- 5) Commit Random Acts of **Kindness** – Give your time; give your love; give the gift of YOU. Plain and simple, giving feels good.

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Doing things for others whether big or small not only lights up the person you are doing them for, you may get a kick out of it as well.

- 6) Tap into your **Passions** – Find and DO those things that light you up inside and out. When you are living a life that is aligned with your own desires; you live a life on fire. And as we all know fire spreads... [The Passion Test](#) is a GREAT tool for digging deep to uncover your passions. It worked wonders for me.
- 7) Simply **Smile** – It's so easy to do and it's very contagious... 😊

***BONUS TIP: Be Yourself.
Be Empowered, Be Authentic,
BE YOU.***

~ Jody Pogo is Finding You ~

Feeling like you lost yourself in a relationship (past or present)?

*Let me help: [CLICK HERE](#) to Schedule Your **FREE "Re-Connection" Session***

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