



4 Steps To A Joyful Life

Most people's lives are a direct reflection of their inner thoughts

Erasing toleration's, creating positive new habits, being grateful and getting clear of the past, are all steps that will assist you to experience more joy in your life.

1. Space to breathe:

You may think a messy office or seeing a full rubbish bin each time you walk into your home, won't affect your ability to experience success in your life, however I'd like to differ. Anything that drains your energy and puts you in a negative mood will slow the flow of success in your life.

Take a moment to write down everything in your life that you are tolerating. Maybe your filing cabinet needs to be cleaned out, or you have old clothes you don't wear anymore. Remember the Salvation Army are always wanting clothes and furniture etc and by donating you are also contributing to the Yin and Yang of life and trusting that you are abundant and you're ready for the new.

Write down at least 10 things you are tolerating at the moment and then work towards erasing each of these over the next three weeks.

As you begin to erase everything you are tolerating, you will find you have more space and energy to experience a better quality of life.

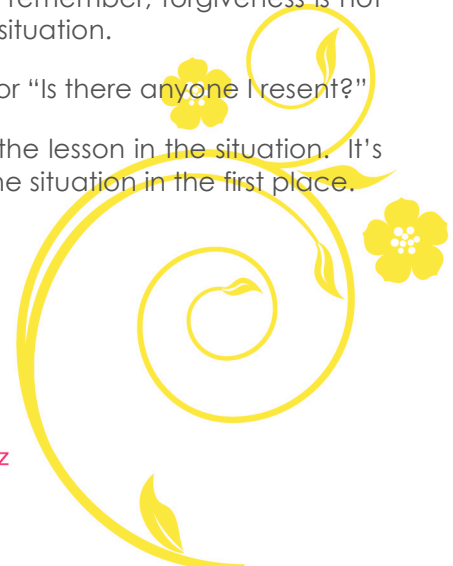
2. Getting clear of the past:

This is a very important step. Like I have mentioned before, when we try to add more to what's already accumulated, rather than cleaning up first, sooner or later the mess seeps back in.

Ask yourself, what am I still holding on to that I no longer need in my life? Maybe you have an issue that has never been cleared up or you are still angry with someone for something they did many years ago and it's now time to forgive. Please remember, forgiveness is not condoning what the other person did, it's freeing you from the situation.

Ask yourself, "Is there anyone or issue I am ready to let go of?" or "Is there anyone I resent?"

If you need support hire a coach or therapist to help you find the lesson in the situation. It's always easier to let go, when we understand why we were in the situation in the first place.





3. Positive new habits:

It's much easier to create positive new habits when we have erased our tolerations. So once your tolerations have been dealt with, articulate exactly what positive habits you would like to apply to your life. Maybe you want to be more open-minded with your colleagues' ideas, or you want to exercise on a regular basis.

Make a list of 10 positive new habits you would like to put into action. Once you have your list, choose the two new habits that will make the hugest positive impact in your life. Once these are a regular habit, add more. Ask for support if you need it and encourage and praise yourself for the commitment you are putting into your life. Discover strategies that will assist you to keep up your new habits and notice the changes that are occurring in your life.

4. Being Grateful

Do you have an attitude of gratitude?

Are you grateful for the life you have, or do you find you always want more? To strive for more is an important quality to possess, however when we find we aren't happy even when we are achieving, we may be coming from a 'lack mentality.' Changing to a positive, abundant mentality will have you experiencing more joy, having more energy and enjoying life.

Being grateful could be one of your new positive habits. This doesn't need to take long, find a few minutes each day to be grateful. Notice the difference in your attitude and how positive you feel when you are being grateful for all the good in your life.

As you practice these steps your quality of life will blossom.

