



ACTIONS FOR LIFELONG HAPPINESS

It is possible to be a high achiever AND have joy, but it's up to you to take action. Your Joychiever Journey is still ahead of you. You just need to commit to spending as much time as possible in your "Happy Place."

The process of identifying and committing to spending time on your Joychiever Journey can feel overwhelming if you have never thought about focusing on these areas of your life before. But don't let it overwhelm you. Just focus on what you need to do right now, Commit to taking the first step and let the Joychiever Credo guide your way.

JOYCHIEVER CREDO

◀ BE A HIGH ACHIEVER AND HAVE JOY ▶



"ONE DAY OR DAY ONE, YOU DECIDE." — Unknown

Seek joy as a passionate journey

You literally only live once so why not enjoy the ride? Living with joy as a regular mandate, rather than only something you allow yourself after you accomplish everything on your achievement list, will enrich and fulfill your life in ways you never knew were possible. Time is ticking so go after it! Seek joy!

Encourage others to seek joy

As you experience your joy, can you pay it forward? In what ways can you help others find their joy? There are any number of ways to help people along their journeys. Be proactive with your encouragement.

Refuse to live by chance and postpone joy until after success

Live your life on purpose for joy, rather than expecting it to just happen. Doggedly pursue happiness as much as you chase after the next rung on the career ladder. Be unapologetic about putting joy at the top of your priority list. As Eleanor Roosevelt said, "Life is what you make of it."

View the world with positivity

Engage the world in ways to rewire your brain towards a positivity bias, rather than a negativity bias. Focus on the 40 bits of information your brain processes every second that help your glass to be full, rather than empty.

Have a clear set of values that guide your decisions

Your values make up the undercurrent that drives your life. So many people have never identified their top priorities or if they have, they put them aside. Consider your values regularly to ensure your choices are aligned with what is most important to you. They are your inner spring for joy.

Play to your strengths in specific contexts

You spend one-third of your life at work. Engage the seven steps discussed in Chapter Five to find clarity about your True Self strengths and associated contexts so that you can lean into your strengths as often as possible in both your work and home life.

Engage in leisure or hobbies to complement your work life

Everyone needs more fun. In a highly scheduled life, it's critical to find an escape from all of its demands. Find some time for yourself or ask your family and friends to have fun with you. As the old proverb says, "All work and no play makes Jack a dull boy."

Make physical health a critical priority

Stress is a silent killer. You know it. I know it. Yet we keep ignoring our bodies when they show us the warning signs. Without your health, you have nothing. Prioritizing your sleep and making time for exercise are two of the best things you can do for your body.

Deliberately nurture joy-inducing relationships in all areas of your life

Relationships are one of the biggest factors that influence longevity. Consider the components of great romantic relationships as ways to also nurture your friendships. Look for those friends who regularly make you smile.

Take moments for yourself on a frequent basis

Find your ME moments. It's okay to take the time for you, and only you. Ideally, take a few minutes every day or at a minimum, seek a few moments a week.



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#outhappyeveryone

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