Joy Tips for Today

Living with joy means listening closely, living consciously, and taking actions towards creating a life that you want and love.

If you want to get unstuck from your current life routine that is not getting you to where you want to be, take a stab at these tips that will allow you to enjoy your current situation while also reminding you of your passions to help you move towards your desired dream life.

❖ *Own your morning*

Do you wake up grumpy most days and say "Is it Friday yet"?

What if you could wake up every morning and have it be your morning, not your employer's? Wake up at a time that gives you enough time to get ready so you don't have to rush. When you first open your eyes, thank the bed for giving you an amazing night of sleep or thank the Universe for allowing you to wake up to another beautiful day. Then, set the intention for your day something as simple as, "Today is going to be the most productive day of my life! And I will get everything done!" You will be surprised at how making this declaration in the morning always comes true!

❖ *Adopt an attitude of gratitude*

Do you find yourself often complaining about what you don't have?

Here is a news flash my friends, the more you complain about life, the more its going to continue to suck. Complaining about things you don't have, whether they be physical or mental things, will only drain you and prevent you from taking actions to move towards a better life. When we are thankful for what we do have, we are in a more inspired and creative state and more likely to take action to make sure we continue to attract more things to be thankful for. Try it out! By the way- the more thankful you are in life, the more things to be thankful for will flow into your life. So adopt an attitude of gratitude ASAP.

❖ *Make a Good Feeling playlist*

Can't get out of your bad mood?

Or want to enhance your mood from neutral to amazing?

Turn on your favorite jams and have a dance party (even if it's just in your head). Create a playlist with all your favorite songs that you KNOW will put a smile on your face. Some of my favorite booty shakin jams include: Calabria- Enur, Hey Baby- Pitbull, and my all-time favorite: This is How We Do It – Montell Jordan

I Live With Joy Do You?

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❖ *Create a "My joy candle lights up when:" list*

Do you know what gives you joy?

As simple as it may sound, surprisingly, many people cannot answer this question. Think about it, if you cannot answer this question, you cannot engage in activities that make your life more fulfilling! Start today by making a list on a post-it (yes you must write it down). It might take a few days to come up with a list as you may have to observe your week and see what truly lights you up inside versus what annoys you or tires you. Post this up somewhere visible in your room or office and pick one thing on the list every day. Feel free to start off with every other day to get into the pattern if everyday feels like a lot. Examples of things people have written include taking a hot shower, painting nails, going for a jog, catching up with a friend, reading for 15 minutes, feel free to get creative!

❖ *Pull out that No Wand!*

Do you say yes to things you don't care about?

Well its time to pull out that No Wand! Being comfortable with yourself and being able to say no when you aren't feeling it is one of the most important jewels you can have in your life. The more you are able to say no to what doesn't light you up, the more you will be able to say yes to things that do bring you joy (hint: things from your joy list above). And yes that includes telling Auntie Jamima that you won't be able to make it to her annual family reunion this year because until this year you dragged yourself there just to make her happy and you left cursing under your breath! Remember, nothing is truly an obligation, everything is a choice.

Hope you enjoyed these tips.
Put them into action, and tell me how it went – Aditi@ilivewithjoy.com
Looking for tips for other things? Send me a note and let me know.

I Live With Joy Do You?