

The Choice Connection

~ "JOY - Rediscover It, Choose It, Share It, Live Fully in JOY" ~

Constructive Choices, Inc.
Discover and acknowledge your strengths...



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Stayed Tuned...

In this third quarter of 2009 we are moving to discover JOY. As we are the authors of our own stories, we are also the creators of our own JOY! Joy is not lost and yet we hear often of how it is found. I would like to think that it is more often rediscovered in our lives - that we are touched and enlightened in our discovery of JOY and in witnessing the appearance of it in others lives. Stay tuned for more resources for JOY in the August issue and a chance to reflect on your rediscovered JOY in September.

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Quotable Quotes

"A thing of beauty is a joy forever." ~ John Keats

"If you were all alone in the universe with no one to talk to, no one with which to share the beauty of the stars, to laugh with, to touch, what would be your purpose in life? It is other life, it is love, which gives your life meaning. This is harmony. We must discover the joy of each other, the joy of challenge, the joy of growth." ~ Mitsugi Saotome

Dear Jean,

"JOY ... Rediscover It, Choose It, Share It, Live Fully in JOY"

I do love the simplicity of the word, JOY! It resonates with my whole being and I can actually feel it. The word, JOY, dates from the 13th century and is defined as "an emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires." And while the word is simple, it is for many of us hard to discover and feel. We have all experienced it. It is most often connected with and viewed from and through a child's eyes - simple delight in the unexpected. Do you remember the wonder and feel of the bubble touching kissing your nose? Ah ... the smile of it!



Until last December, I didn't realize how often I use the word JOY to describe contentment in my own life. I have never been a great fan of the word *Happy* - and most likely because I was fired from my first job after being told, "Jean, you just don't smile like you use to - you must not be happy." Bizarre as that story is, the word - *Happy* - isn't what I gravitate to. Smiling, I am profoundly aware of is something that others may not see from me often - I know that at times I take myself much too seriously. If I learned anything from that traumatic event (and it was) when I was 17, was that my smile is a reflection of what others perceive my emotions to be. Living with Joy - it is how I would wish to describe my days - joyful and joyous ... and they are and I know this when I smile.

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Tools/Resources - A Preview

Web Sites

1. "How Much Joy Can You Stand"

<http://www.howmuchjoy.com/>

2. Just for fun and to bring a smile to your face

<http://www.buddy-bear.com/>

Books

1. *A Thousand Names for Joy: Living in Harmony with the Way Things are* by Byron Katie and Stephen Mitchell

2. *The 4:8 Principle: The Secret to a Joy-Filled Life!* by Tommy Newberry

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I don't believe it is easy to talk about this emotion as it may be triggered by so many events in our lives. JOY, for some of us, may be strongly connected to our faith and our beliefs of our spirituality. The little bit of research I did to taps into the current thoughts on JOY and there are strong link to our spirituality. Whatever your faith, it appears that JOY is the connector for our living in peace and harmony with ourselves and others. It isn't what someone else makes you feel - it is a strong, intense, powerful and internal gift you give yourself.

Where does it come from? Typically, from the sharing of a moment with others. From our inner spirit of well-being and in moments of success. From the gift of ourselves to another. From the giving of a smile and the receiving of a smile from another. JOY accompanies the feeling of delight. JOY brings a sense of harmony, soothes feelings of discomfort and in the briefest of moments we are whole and complete.

Marie Barrett, author of *Holistic Wealth, A Guide to Creative and Joyful Living*, provides the following insights into JOY. These are her shares and important reminders for us all.

- Joy opens our heart to recognize miracles happening all around us - Focus on positive thoughts and the synchronicities will pepper our reality with delight and affirm our purpose.
- Joy offers us a handle for coping with the stresses of our daily grind. ~ Look for the amusing side of events, for something to make us grin.
- Joy lightens the heaviest load and brightens the darkest moments.
- Joy always brings us into the present moment. It makes us present in eternal time.
- Joy moves energy - it lubricates stuck emotional energy and helps us move to reach spontaneous emotional flow.
- Joy is as spontaneous as breathing and equally delightful.

What I do know is that I want more JOY in my life! I want to rediscover the simplicity of the word with it's complexity of emotion. I want the harmony and the peacefulness that can reside in the simplicity of a day's beginning and end. And YES ... I want more smiles, more laughter, more joyful living - every day! And I also want that for you!

Warm Regards,

Jean

Constructive Choices, Inc.



CHOOSE to...

... smile ... giggle ... laugh ... guffaw ... grin ...

beam ... chuckle ... snicker ... hoot ... radiate ... shine!

Administrivia

My Constructive Choices Audience...

- * Professionals wanting to be at choice in their career and daily work
- * New Managers (and aspiring leaders) transitioning to establish a leadership role in their communities
- * Individuals wanting to sort through the choices, build a more fulfilling life, lift their voices, and...
- * Coaches who choose to step out, show up, and say - *YES, it IS all about YOU!*

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