

LIVING
WITH

Joy!



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THREE SIMPLE STEPS TO BEGIN LIVING EACH DAY WITH JOY

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Some might say living your life with daily joy is impossible.
I say it's a choice!

Here are three simple ways I have found to work joy into my daily life.
Try it to start your journey living each day with a renewed spirit!

1 FIND YOUR THREE THINGS

Begin each day by thanking God for three things you are grateful for before you put your feet on the floor!

Have you ever woke up just mad? I have plenty of times. Pulling the covers off in haste and almost stomping out of bed because in the early morning light life already felt like it wasn't going my way. Blaming everyone else in my house seemed like a great solution. Have you ever been there? My realization came after I realized this habit was causing me to miss seeing my entire family shine.

Pausing and pondering on the goodness in your life will set the pace before facing the duties of your day. So simple, and yet so powerful are the miracles this will create in you and in your family.

2 A SIMPLE SMILE

That's right. A simple smile. Seems too easy? Maybe not so much sometimes!

I remember times in my life where joy wasn't present at all. I didn't have a reason to smile at other people. The world seemed to be crashing in. I thought nobody cared, but in reality my lack of happiness and simple unwillingness to smile at others, repelled both people and joy from me.

When I first realized I had a choice to change my outlook, it took some time to grasp the significance of the opportunity. Thankfully I did, and since have never looked back!

A friendly gesture and smile, while looking into someone's eyes, tells them, "I am glad to see you!" and "You are important!" This shared moment will most certainly brighten their day, but make no mistake, it will absolutely illuminate your own!

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3 TAKE A MOMENT TO RECHARGE

Take a few minutes each day for YOU!

If you are like me there are those days that you just don't get a break. When that happens I am wiped out and it shows... I'm crabby and short, sometimes even yelling at the kids the minute they get in the door!

The solution is to literally schedule into your calendar at least 15 minutes of 'Me Time'! So simple, and yet it works, but you MUST make it happen!

During this time you are looking to be filled, so choose an activity that brings you to center: breathing deeply, brisk walks, jumping jacks, meditation, prayer... anything that recharges you! This will shift your energy, releasing unwanted thoughts and turning your mood to excitement for the rest of the day.

LIVING WITH JOY IS CHOICE WE ARE ALL INVITED TO MAKE EACH DAY.

It is one I am so glad to have found and one that I will continue to make. I invite you to join me in this simple, but powerful transformation of taking time each day to pause and choose to live your life with joy.

Joyfully yours,

LESLIE CHERMAK