

you make it. As fearsome as owning that you create your life. You will be setting out on a path of joy, in a real way, beginning to consciously create it. Is it not totally reasonable to begin your journey to light, love and joy by beginning to focus on it? Take time now and begin writing your joy list.

Linda had a very short joy list that read:

I love to take long baths

I love to go deep-sea fishing.

I love to spend time with my son.

When she looked at this list, really looked at it, she realized that her 22-year-old son lived 200 miles away; that she lived hours from the ocean and that her home only had a shower in it. No wonder she had a hard time finding happiness in her life. She changed her residence to include a tub, scheduled more time with her son, planned fishing trips and then added more things to her joy list.

When you are feeling anything other than what you prefer to feel, go do something on that list. Pet a puppy, walk barefoot in the grass, take a ferryboat ride, stroll through a park, chat with the first person you see, sit down and take a break, read a book, or compliment someone. You are thus consciously creating joy in your life and choosing to act on it. This is how you create what you'd prefer... every single time.

My friend, Jim, once made his Joy List and listed 9 things:

God

Wife

Children

Family

Religion

Music

Job

Horses

Friends