

FYP

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We all hope for certain things in our life. You may have heard the saying, "Life is not a destination – it's a journey." Spend quality time understanding why you hope for these things – look forward to the joy of the journey. What memorable moments do you have coming up too look forward to? What momentous occasions can you create so that you have something to look forward to?

It is said that a person needs three things to be truly happy; someone to love, something to do, and something to look forward to.

Where are you? Where are you at on the joy meter? If you have that person to love, are you making every moment the very best for the two of you? Do you tell him or her each and every day how in love you are with them? Is your heart filled with joy because of this person and are you filling their heart with that same joy?

Is what you are doing fulfilling a need you have; whether this is to provide for your family or it is simply fun? Make the most of this activity; appreciate the purpose it gives you even when it seems difficult. Find fulfillment in the ordinary tasks of everyday life. Find joy in the mundane. Do something that you love to do and you will find joy welling up on the inside of you.

When you are tempted to look for joy outside of yourself, remember that joy is accessible to you at every moment. Joy doesn't come from outside of you. Joy comes from gratitude and joy comes from giving. It's always there just waiting to be activated by the smallest amount of gratitude or giving. Give more; be grateful for more. Find someone to love, find something to do and find something to look forward to! Joy is right there ready to be your traveling partner. Joy makes the journey more fun along the way.