

## Opening Keynote: Simple Steps to Being a More Joyful Person

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There are simple steps to being a more joyful person that EVERYONE can use to increase their joy.

Do you ever struggle being truly joyful each day? Do you find yourself often preoccupied, frustrated, or irritated and feel like it's robbing you of your joy? Do you ever wonder if it's even possible to be truly joyful? I know I used to struggle with it until I discovered simple practices that helped me transform the way I understand and experience joy!

With a few strategies and tools, we can make sure that life is a wonderful experience with a few irritations, instead of an irritating experience with only a few joyful moments.

Life truly can be a personalized  
journey of joy!

Perspective matters! True joy is not a matter of chance, good fortune or luck.

George Bernard Shaw said, "*Life isn't about finding yourself. Life is about creating yourself.*" The SAME is true for joy! Life isn't about finding joy. Life is about creating joy.

You might be thinking, "But what about our circumstances and situations?"

Charles R. Swindoll taught a truth that changed my life when I was a teen out on my own. He said, "*Life is only 10% what happens to you and 90% how you react to it.*" Isn't that amazing?!

My joy, and your joy, are only 10%  
circumstance and 90% choice!!

If you find yourself setting conditions on your joy—that someone or something has to change in order for you to be happy—you are setting yourself up to experience and enjoy far less joy than you could.

You were created to be joyful!

Here are some important principles to remember:

- 1- Happiness is a choice.
- 2- Choose it Now. (Don't delay joy)
- 3- Ditch the rulebook.
- 4- Apply the Happy Factors

What can you do today, right now, to be a more joyful person?

*"Death is not the greatest loss in life. The greatest loss is what dies inside us while we live."* Norman Cousins

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