



# 7 Steps to a Joyous Life

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Ready for a joyous life?  
Read on ....

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**W**hen joy is the basis of your life, everything else falls into place: you have more than enough money, love, time, friends and everything else you could possibly want or need.

So how do you live a joyful life? It's something you can work on your whole life and never get there. But here's another option: Try these 7 steps that will get you there now. Practice them thoroughly and you will be well on your way to the joyful life that is your birthright.

But be prepared: A joyous life does require you to change your way of thinking. This makes sense because if your old way of thinking produced joy, you wouldn't need these steps!

So relax and surrender your old ways of thinking so you can embrace a new way of living. With a bit of practice, you'll be living far beyond your wildest dreams.

## Step One: Realize you are the creator of your reality

A few helpful things to keep in mind:

- You are perfect just the way you are and so is everyone else. (This one is often hard to understand, but it is true nonetheless)
- According to the Toltec tradition, the world is a vast energy system. All energy has consciousness, and it is pure and unconditionally loving. That energy of creation is totally expansive, all-inclusive and has absolutely no judgment.
- You are a limitless being of light; you are one with that energy of creation.
- Energy is always either expanding or contracting. You are either deepening your connection with the essence of who and what you are or you are aligning yourself with your limiting beliefs.
- Your emotions tell you whether you are expanding or contracting: Love helps us expand; judgment and fear cause us to contract. When you are

expanding, you are deepening your connection to your spirit so it feels good. When you are contracting, you are reinforcing your limiting beliefs, which doesn't feel so good.

- Life is emotionally neutral. All of our emotions are generated by our inner dialog and what we tell ourselves about life, not by life itself.

*With these facts in mind, you can empower yourself to choose what you are telling yourself.*

Here's what that looks like:

If I look at an event and tell myself it is tragic, I have one experience.

If I look at the same event, and choose to see it through the eyes of my true spirit, I will see it very differently and will tell myself an entirely different story.

*If you want to experience a joyous life, practice telling yourself stories that generate joy.*

## Step Two: Stop looking for "the truth"

**N**one of our beliefs are inherently true. They are just stories we have told ourselves over and over again. There is no such thing as 'the truth.'

The truth is always based on our own perspective, which is determined by whether we are connected to our spirit or our "filter system" or not. The 'truth' is constantly changing, evolving and growing. And we have to allow the truth to evolve if we want to experience more joy in our life.

When you are experiencing something less than joy and bliss, ask yourself the following questions:

- What am I telling myself about what is happening in my life right now?
- How else can I see it?
- How can I see life right now through the eyes of love?
- Would I rather be right (maintain my version of events) or would I like to be happy?
- What else could I tell myself right now, something that would allow me to feel better, right now?

*Learn to tell yourself a new, more joyful truth.*



## **Step Three: Choose your stories, choose your emotions**

**S**ince the stories you tell yourself create all of your emotional responses, it makes sense to begin to consciously choose those stories. You can begin by noticing the stories you tell yourself and how they affect your well-being.

*Here's an exercise:*

Write about three events that brought you joy. Describe them in detail.

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Go back and underline all the adjectives. What specific words did you use to describe joy? Pay attention to how you created the story of the joyful event?

Expand your emotional understanding by doing the same exercise for happiness, sadness, fear, peace of mind and anger. Allow yourself to become familiar with how your stories make you feel. It takes time to do this, but it's worth it. You'll begin to see that real freedom comes from knowing we can choose our emotions. And it enriches our lives beyond our belief.

You really can feel blissful and joyful no matter what is happening in your life. It just takes some time and practice to remember to change your stories.

*Practice telling joyous stories. Once upon a time,  
you can be happy no matter what!*

## Step Four: Let go of being right

**M**ost of the time, we would rather be right than be happy. Years ago I had a very dear friend. We had been friends since grade school, but somewhere along the way we had a falling out. To be honest, I don't remember exactly what the argument was about, but I do remember it was a disagreement about going to the movies, and I vividly remember knowing I was right. At the time I felt betrayed, used and abused. When I look back now all I see is two little girls defending their version of reality and in the process losing a precious friendship.

Everyone has their own view of what's "right" and "wrong," and the concepts of being right and wrong are highly subjective; there are no absolutes. Some beliefs improve our experience of reality, but many of them don't.

In fact frequently we use our creativity to affirm our limiting beliefs, and in the process, create mayhem with our judgments. Instead of choosing to share our loving, divine nature, we inadvertently share our limiting beliefs and unconsciously choose to wage war, lie, steal, murder and betray other trust.

We always have two choices: we can judge someone's behaviors and be "right" or we can choose to see beyond the behaviors to the perfect nature of each person and be happy.

When we are connected to our spirit, we are more likely to be surrounded by loving events thus alleviating the need to judge. Every event in life is a call for love. Once we realize that, we can begin to choose joy on a regular basis and let go of our need to be right. As we release our need to be right, it is so much easier to see all actions as a plea for more love; judgment fades into the background, and love becomes our primary focus, which in turns brings us more and more joy.

So do you want to hold onto your limiting filter system of "rightness," or be happy? The choice is always yours.

*When you choose love over being right,  
you allow yourself to create a joyous life.*

## Step Five: Find your passion

What are you really passionate about? What do you really love? What brings you joy? Take a few minutes and write about your loves, your passions and the things that bring you joy.

If you were the creator of your universe (you are, you know) what would you include in your universe and what would you exclude? Make a list of both below in the left column. Then write the reason that item is on your list in the right column.

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*Included in your universe*

## *Excluded from your universe*

Step back and look at your universe. How much of it is non-judgmental, expansive and love based?

Here's how can you tell is something is loved based or fear based:

- Love-based choices always feel good in our heart of hearts.
- Fear-based choices allow us to feel justified, right and allow us to stay in emotionally familiar territory but they never lead to outcomes that feel really loving, expansive or supportive.

Is there any attempt to control other people's behaviors so you feel okay?

(Hint: that attempt is fear based and will never work; people keep doing what they want to do based on their version of their universe).

Keep redefining your universe until it is predominately love based.

*Find what you are most passionate about and  
make that pivotal in your universe.*

## Step Six: Do one thing daily that nurtures you

This one step will make a *huge* difference in your life. Take some time and make a list of all the things you consider nurturing. Make them both big (going on vacation) and small (taking a deep breath). It took me a long time to complete my list and I'm always adding new things. See below for some suggestions to get you started.

Keep the list someplace you will see it on a daily basis. Take the time to do one thing on your list every day, lovingly, with the intent to deepen your connection to your spirit and expand your ability to feel joy.

I suggest you start each day with the following exercise:

Each morning look at yourself in the mirror and say, “Good morning gorgeous (or handsome).” Say it passionately, with enthusiasm, and make sure you really mean it! It may take practice but it is well worth it.

Some nurturing things:

- take a walk
- soak in the tub / light a nice candle
- write in your journal
- buy yourself a beautiful flower
- pray / meditate
- cook an awesome meal for yourself
- look at yourself lovingly in the mirror
- sing / dance
- listen to your favorite music
- watch a movie / relax
- sleep late / go to bed early
- call a friend / plan an wonderful vacation

*...you get the idea!*

*You deserve to be nurtured and feel loved.*

*Do one daily just because you are you!*

## Step Seven: Mastering your emotions

**B**elieve it or not, you have favorite emotions (yes, even negative ones like fear and anxiety can be “favorites”). And you know all too well how habitual those emotions can be. For example you say hi to someone and they ignore you. You may react with anger and then later find out they never even saw you.

Here's something to try:

Carry around a pad and write down your emotions every hour for a week. At the end of the week, tally it up and notice what your favorite emotions are.

Once you have your list, figure out the ones you want to change to live a more joyful life. Now remember: Spiritual practices do take, well practice. But over time, you'll see how much easier it is to “substitute” joy for some of your negative emotions.

So let's review how to practice joy:

- Each morning talk to yourself in a joyful manner (review step 6).

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- During the day make it a point to look at something and celebrate its presence in your life.
- Call a friend and feel grateful you know them
- Pat an animal, look into its eyes and feel its love
- Watch a sunset or sunrise and allow its beauty to infuse you with joy
- Write a list of things that you are grateful for and allow yourself to enJOY them
- When you eat, really savor and enJOY your meals, each and every bite
- Wear your favorite outfit and enJOY how it feels

## Conclusion: Let the good times roll

When you spend time every day focusing on joy, you will allow that feeling to spill out into every aspect of your life.

You'll be amazed at how doing these simple steps can create such profound changes in your life. With a little practice, joy can become your habitual state of mind—and what a wonderful state that is to live in.

Thanks for reading my e book. I hope you apply these simple steps to your life and allow yourself to experience all the joy you so rightfully deserve.

You can always find me at [susangregg.com](http://susangregg.com). I answer all my emails so if I don't respond contact me again. Your message probably went to email heaven.

With love and aloha,

*Susan*



**created by**  
**Susan Gregg**  
**with love**