



In most of us there is a place that says, someday I'll be happy. One day I'll find love. Someday, my ship will come in.

And then, we move on with living in the hopes that what we want, what we believe we need, what we believe will make us happy will arrive on some distant horizon, at someday in the future. In the meantime, we slug it out. All we can do is live with what we've got in the hopes of someday, something better will happen.

Living Joy Right Now! is about giving up on someday and living in the moment of now, content, complete and joyful in what is - however what is appears in your Inbox, Day or Life.

Living Joy Right Now! only requires a few simple steps to live, yet, in living it your appreciation and satisfaction of what is grows and multiples as you let go of wishing on a star and get all starry-eyed about what you're experiencing right now.

Anyone can do it. Everyone can experience it.

Living Joy Right Now! doesn't require any special tools. No purchase of books and CDs or courseware. No set-up of training centers or software.

Living Joy Right Now! is free.

Living Joy Right Now! is a choice. A decision. A declaration you make (because you're the only one who can do it for you) that you are okay. Fabulous. Amazing. Right now. Just the way you are. Beauty and the beast -- warts and all.

Living Joy Right Now! is right now. Right here. A simple statement of who you are in this moment and an acceptance of what is, right now, right here in this moment.

Living Joy Right Now! is your pathway to a world of joyful exuberance, creativity and success.

Want to try it?

The following are seven simple steps of **Living Joy Right Now!** They don't have to be taken sequentially. They don't have to be pondered over or even written down. They're just seven simple ideas you can enact one at a time, all together or all at once. Whenever you want. However you see fit.

See. There's not one thing to buy. Just simple steps to embrace **Living Joy Right Now!** as often as you want!, whenever you want.

So, what about it? Are you ready to get moving. Get doing whatever it takes to live in the rapture of now and experience...

Living Joy Right Now!

Seven Easy Steps to

Living Joy Right Now!

1. Do Sweat the Small Stuff - **Sweat everything**. Let your perspiration be the oil of life soaking into everything you do. Sweat it and know the small stuff all adds up to creating The Big Stuff your life is made up of. Know, how you do one thing is how you do all things - and how you do the small stuff will determine the Big Stuff too.
2. Be actively engaged in creating The Big Stuff - **Be passionate**. About your life. Your day. This moment right now. Don't know what passion feels like? - go back to the small stuff and get excited about a leaf on a branch, a drop of rain, a word of a song. Listen to a song that makes you want to dance - and dance. Read a poem that makes you want to spin - and spin. Let the small stuff lead you into being passionate about everything in your life.
3. Notice everything in your life - **Be curious**. About the people you meet. The things you read. The songs you hear. The pictures you see. The world around you. Be curious enough to want to know more. Be a life learner and a life-long learner. Never give up on learning something new. Not sure where to begin? Try this: Set a target everyday to learn a new word and its definition and then use that word in a sentence, in something you write. Seek out places online where that word is used and be proud of yourself for learning it.
4. Adjust your attitude - **Smile often**. Keep smiling. Studies have proven that people who smile often feel happier and have more contentment and satisfaction in their lives. Stand in front of a mirror and practice smiling at yourself. Do it often until smiling becomes a habit. Try laughing too! Laughing not only releases endorphins, it takes the sting out of otherwise difficult situations.
5. Let your emotions flow - **Cry once a day**. There are many aspects of this world that are tragic and sad and difficult to understand. Pushing back against the sadness that arises when you read about tornadoes and war torn lands only increases feelings of helplessness. When the world is so large - and we feel so small in affecting change - sometimes the best we can do is offer our tears as an acknowledgement that we feel connected to people in far off lands and, while we can't change their circumstances, we can share our support. And sometimes, all we can share are our tears. Plus, in shedding tears, you set yourself free of the helplessness, and anger, that comes with knowing there's a lot of pain in this beautiful world and sometimes, there's nothing we can do to stop the pain other than let it flow. Consider donating too to causes that inspire you! Every bit helps and small donations add up big when everyone's doing it!
6. Get involved - **Volunteer**. No matter how little you feel you have to give, no matter how much you have on your plate, take some time to give of your time to others - for free. Giving is receiving and when we give with no expectation of return on investment, we free ourselves of judgments and open ourselves up to experiencing life and people through an empathetic heart space.
7. Believe in magic - **See the miracles**. Miracles are everywhere. They happen all around us, all the time. Open your eyes in wonder to the world around you and let the miracles all around embrace you in wonder. Look at the world through the eyes of a child. See the magic. Don't know how? Invite a child to the zoo for a day and if you don't know a child, or you don't know anyone who does, just go to the zoo and breathe in the laughter and voices of the children. Volunteer at your local hospital and hold babies in the nursery. See the world through a child's eyes and remind yourself - you were once a child too. Just because you're all grown up doesn't mean you have to let go of your childlike wonder of the world around you. There are rainbows everywhere. Let their beauty colour up your world.

See. It's easy! Live these seven simple steps and embrace...

Living Joy Right Now!