

Finding the Joy in Life

What is your idea of fun? Most of us would name a favorite activity or sport, if asked.

But not Steve Goodier. He is an ordained United Methodist minister and author of numerous books about personal development, motivation, inspiration and making needed life changes.

“My idea of fun is not usually associated with entertainment or recreation,” he wrote in his *Life Support System* blog. “It’s more about squeezing as much enjoyment into every day as I can. Instead of looking for something fun to do, I try to make whatever I do a little more fun. And if I can’t always do things I enjoy, I can learn to enjoy more of the things I do.”

Goodier’s perspective is one we can all adopt to get us through stressful times – and we certainly have them in health care – and mundane tasks that must be done. Yet, the first step in finding joy in our daily lives might be as simple as appreciating the value of the ordinary things that fill our days.

How much enjoyment might you experience during a trip to the grocery store, an afternoon of weeding or the time spent folding laundry?

Starting today, take time to laugh, smile and enjoy yourself, simply because you can. There are plenty of opportunities, like ...

- Pausing in the rush to work to notice the golden edge the sun paints on the clouds while it is hiding behind them.
- Savoring the aroma of coffee brewing.
- Being inspired by the sweetness of a smile on the face of a resident you just hugged.
- Feeling lifted by the prayer of a co-worker calling your name about a personal need.
- Clapping for a rehab patient in the progress he is making.
- Admiring the affection of an elderly couple, holding hands as they walk down the hall.
- Writing a note of appreciation to a friend for a favor extended; the act blesses both parties.
- Taking a book and some flowers to an elderly person, shut-in at home.



Joy in life is ours; let’s not overlook it.

A joyful heart is good medicine (Proverbs 17:22 ESV).

– Beecher Hunter