

# The Joy of Happiness

Speaker and best-selling author Shawn Achor spent more than a decade teaching Positive Psychology at Harvard. He is considered one of the leading authorities on happiness and success.

The years of research he has conducted conclude that when people equate happiness with simple pleasures – a meal, time spent with friends, etc. – they are missing out on the true essence of what it's all about. His definition of happiness is “the joy you feel when moving toward your potential.”

Pleasure tends to be short-lived, he believes. However, joy is something one can experience even when things are not entirely pleasurable, such as when you're pushing through the burn while running a marathon, working overtime on a big project, or consoling a child in the middle of the night.



“Joy makes us want to invest more deeply in the people around us,” Achor says. “It makes us want to learn more about our communities. It makes us want to be able to find ways of being able to make this a better external world for all of us.”

Achor's philosophy is right on point, and it is proven every day in the work we are called to do in Life are and Century Park. Joy is experienced in ...

- Rolling a resident in a wheelchair to the dining room, and then positioning her in a dining-table chair for good conversation with friends.
- Introducing a new resident to a world of socialization and personal involvement in activities programs.
- Hugging someone who just received the news of the death of a brother.
- Offering to make a fresh cup of coffee for ladies enjoying a game of bridge.
- Helping a gentleman start his flower-growing project in a designated space on the campus.
- Delivering a lady to a downtown office for her dental appointment.
- Driving the bus for a much-anticipated shopping spree at the local mall.
- Arranging a tailgate-party-of-sorts for a Saturday afternoon college football game.

Opportunities for investing in others are all around us.

And our associates do it so well.

*But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control (Galatians 5:22 NKJV).*

– Beecher Hunter