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How to Jump for Joy After Joy Leaves Your Party

By Doug C. Grant

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**HOW TO JUMP FOR JOY AFTER JOY LEAVES YOUR PARTY**

By Doug C. Grant

Ever hear this one?

"Man...this growing older stuff is the pits. Teeny bobbars  
own the world. I mean you ever see an ancient of days  
hustling soft drinks or flashy cars on TV? No way. Once you  
get past 'young' you might as well hang it up. Joy is over."

## How to Jump for Joy After Joy Leaves Your Party

Yeah, I know. You don't believe that. You don't ever want to believe that. And there's no reason why you should. But you may well have to perform a constant tune-up on yourself once you start losing speed. Otherwise, you could find yourself permanently parked in the pits.

It's a sneaky business. Every year you end up doing more things for the last time and fewer things for the first time. One day, you wake up and find that joy has left your party.

Here's an exercise that will help you recover some of the

joy of life.

Consider for a moment that you have been given an opportunity to roll the years back to age 20. Not only does your youth return but with it comes a fat unending bank account. Pretty nice, huh?

But don't waste the opportunity. On a sheet of paper, list the things you would like to do or learn now that you're young and rich. Remember, neither age nor money is a problem. Start writing.

Would you like to learn to fly? Climb a major mountain? Take up scuba-diving? Write a book? Start a newspaper? Visit a foreign country?

Pull out all plugs. Soar over all obstacles. If you can think it...write it! Don't let fear or the 'I'm just being realistic' attitude stop you. Go ahead. Be unrealistic. This is dream time, baby. Let it all out.

Don't take more than ten minutes for this part of the exercise. That should be enough time to list all your major dreams...plus any dreams you might have packed away years ago.

Now...let's do some dream-scheming

Review your list and draw a line through any dream that is simply physically impossible. For example, if you're fifty years old, chances are a major league baseball team isn't going to get excited about having you on the roster.

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However, you may discover that you don't have to scratch off very many dreams because of physical limitations. Particularly if you ask yourself, "In what ways could I make this dream come true based on my abilities today."

Next, put a star beside your all-time favorite. You know, the special dream that really gets the passion juices flowing. You and I are going to start today to make that dream come true.

For example, maybe you always wanted to scuba-dive. Okay, why not now? You're in reasonably good health and you can always work on improving your health.

Decide now that you're going to make this dream a priority. Don't dwell on the obstacles or what people might

say. You're going to make it happen.

Begin with three small steps.

On another sheet of paper list three steps you could take right now, today, to begin moving you toward your dream. Forget difficult. Forget huge. Think easy and think small. The important thing is to begin.

For example, if learning to scuba-dive is your passion dream, your first three steps might be:

1. Conduct a scuba-diving search on the Internet and begin a Favorites File.
2. Check out a book on scuba-diving from the library.
3. Start a scuba-diving savings account. (Maybe you can only afford to contribute a dollar. Doesn't matter. Start it.)

What seemed impossible often becomes possible.

When you take your first step toward your dream...your dream will take a step toward you. Don't ask me why or how this happens. It just does. Call it a law of nature if you want. But it works..

You will meet people, encounter circumstances, receive unexpected monies...all pushing you toward your dream. Your

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only job is to keep stepping forward with faith and persistence.

And here's the bottom line.

It doesn't really matter whether your dream comes true or not. Oh it will. Don't ever doubt it. But that's only a fringe benefit.

What matters is that you're staying in the race of life. You're hell-bent for a finish line. And when you're in the race, you're growing. And that's important. Because if you're growing, you aren't dying. It's a fact of nature.

Keep adding new dreams to your list.

Don't ever throw your dream list away. You may have to modify it from time to time but keep it active. Once your first dream is launched, start another. You might have two or three going. Perhaps more. Just leave breathing room to take at least a few action steps toward your dreams every

day. You want to maintain a forward momentum. Not create stress in your life.

Once you realize a dream, move on.

Always have a few dreams working and a few more in the wings ready to come on stage. The action steps required to move you toward their fulfillment will add zest to your days, years to your life and JOY to your spirit.

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<mailto:empoweredpage@smartautoresponder.com>

Doug C. Grant retired from a successful career as a nationally recognized business writer & marketing consultant. He now helps members of the 'Over-50', crowd (or any age) live healthier, happier

and more productive lives through his Empowered Maturity Web Site (<http://www.douggrant.com>) and an on-line interactive seminar.

## **Naming And Claiming**

**By Stephanie West Allen**

### **Naming And Claiming by Stephanie West Allen**

#### **A Joy-propelled Life For You**

Name yourself joy for today. Or maybe make joy your middle name. Make joy as much a part of you as your name is. Why? Because a joy-propelled life is an extraordinary life.

Joyful people create astounding lives for themselves. Their joy makes them lighthouses attracting shiploads of delight. And their joy makes them beacons showing others the way.

#### **Joy's A Buffer, A Bonfire**

Joy is like a shield from the negatives in life. Joyful people are protected from joyless things such as ailments, pauperism, and sluggishness. Joy brings energy and insight to do grand, glorious, and gifted deeds. Joyful people are having too much fun and are too full of vim and verve for dismal, Drama Zone conditions.

People are attracted to the joy in others and people just feel good making their joyful associates even more joyful and successful. Joy is catching and communicable and contagious. One joyful person in a room or company or family can ignite a whole group. The fire of joy can burn away all things negative.

Wow! That joy is mighty powerful. Name yourself joy. Proclaim yourself joy! Today!

#### **Where Do I Go To Get This Joy?**

Two very effective ways to quickly create joy in yourself? Gratitude and memory. Look around at your life and make a list -- in writing -- of all the things for which you are grateful. Add to the list whenever you get chance. If you find yourself

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dwelling on what you lack, read your list. Make that growing list a part of you and it will grow even faster. Sing your list, waltz with it, write it in all your favorite colors.

And sit down frequently and think of times when you were

most joyful. Truly remember them and feel them. Infuse yourself with the joy of those memories. Let the joy from your past leap forward from memory into now. Catch the leaping joy with a smile and wear it inside and out. Then jump for joy as you become practiced in calling joy to you any time you desire.

Increasing the number of people living in joy has a positive impact on our workplaces and our communities. One who invites joy into his or her life also invites greater wellness, fortune, and success. As joy increases in our business organizations, those organizations become healthier, wealthier, and more successful. And, as joy expands in our society, it will become a place more inclusive, productive, and peaceful. This joy is potent stuff.

### Daily Exercise

Naming can be much like claiming. Think of a trait you would like to claim for yourself — if not joy, then maybe health, wealth, success, happiness, peace, kindness, the big, blue sky is the limit. For today, call yourself, name yourself, that trait. Maybe "I am health." Or "I am kindness." Stand up tall and say, "I am [your chosen name]" at least once an hour today. Sing it in the shower. Shout it with glee in the park.

Write it down each hour, too. "I am [your chosen name]."  
All throughout the day, carry the paper with your new name close to you. Grin when you think of it in your pocket or purse or under your belt.

Don't just write it on paper. Use your finger to trace it in the air or in a pond. Write it in your food with your fork. Form your name with flowers or spell it out with jellybeans. Let today be permeated by your new name. The trait you claimed will become yours.

What will you name yourself today?

Stephanie West Allen, JD, is the author of *\_24 7 This! TheMerry Method To Accelerate Success\_*.

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Excerpts at <http://www.allen-nichols.com/success.cfm> She coaches people in using the two Merry Maxims, WYTUG(What You Think Upon Grows) and LULU (Loosen Up, LightenUp), to achieve health, wealth, creativity, and harmonizedrelationships. mail to:Stephanie@allen-nichols.com



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