

# PROGRAM FOR JOY

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## Insights for Workability

**Step One** This program will work to produce the desired results. But it needs one very valuable ingredient. It needs you. If you do this programs as if it mattered you will indeed alter your situation.

**Step Two** The first question that needs to be declared is this. Are you willing to complete this program with a trust on your part that each element of the program is designed for a purpose. There are structures from which you can create an environment in which the seeds you sow will indeed blossom.

**Step Three** Read the ground work and begin the program. Remember to have fun with this, don't feel as though you must be exact with it. What is important is that you engage as fully as you can. .

### WAYS TO DO THIS PROGRAM

1. Print this PDF document and use it to complete all aspects of the program.

OR

2. Rather than use the printed document, use your own notebook.

OR

3. You could open up a blank document and keep your writings there.

Do the best you can to ride this program to it completion.

## PART 1

### BACKGROUND



I am grateful for the opportunity and I appreciate the chance to provide a bit of joy and indeed the tools with which to create it. It is in the giving that one experiences the Law of Attraction most directly, and if one is looking, one can learn that value given will always come back. It is law. I would suspect that very few people are using their value for a return in their life. The reason it's not seen so clearly is that the value is NOT being given away. Or it is being given away for a lot less value than you even are aware. We are just not aware of our value to the whole.

More often than not, certain people give the least amount of value for the cash or return value received. Be it the receiving of cash for the gardening job you completed or the tutoring you provided, there is a tendency for some to give the minimum.

When giving in whatever manner is repeated over and over we develop a "certain or particular way of being". That way of being is the attraction vortex for the continuing results in our life, in our business and in our relationships.

It's a simple question to ask.

**With regards to this abstraction, can it be applied to attracting that which is experienced as insufficient?**

Is it possible to become a greater attraction for more clients?

Is it possible to become a greater attraction for more friends and relationships?

Is it possible to become a greater attraction for joy and workability in your

relationships?

You could ask this question of everything you desire.

Is it possible to become a greater attraction for the desires for which I long?

## PART 2

### IDENTIFYING WHAT YOU WANT

With the full set of emotional energies making up the gravitational pull or attraction that you are, you can see that the dominant field will have the greater influence on the outcome or appearance of life. Be a positive person and positive occurrences are likely to find their way to you. However, by maintaining a “positive” feeling and emotion you become attract all that you will follow.

Stay in this state and good things happen. Joy is a condition of no resistance and in this state what you desire has the freedom to move to the present.

Remember emotions/feelings precede thoughts, they give rise to thought. Thoughts are of the physical world. They are the first inklings of form in your physical reality.

Lets shed some light on the “smaller” things you have as desire for resolution. Every desire has two sides to it. There is a “what you want” and a “what you don’t want” about everything. Review the ideas below to assist you in surfacing one or more simple things in your life you wish to transform. Declare these items and complete the program below and look for the evidence for changes to occurs.

## Sample ideas for assisting you in identifying an immediate “want” in your life.

I desire to go to work  
I desire to get up and get ready for work  
I desire to get food in me  
I desire affection from another  
I desire a raise for my services  
I desire more closed sales today  
I desire more money  
I desire a new BMW  
I desire more romance in my life  
I desire to go on vacation  
I desire to stop smoking  
I desire to be well  
I desire the perfect body weight  
I desire more clients  
I desire physical vitality  
I desire a new pair of shoes  
I desire my children to be happy  
I desire to be worry free  
I desire to left go of my feeling of guilt  
I desire a noticeable increase in confidence.  
I desire to be a faster reader  
I desire to retain the information I get in school

I desire to have a car  
I desire a more loving relationship with my son  
I desire to get the part in the play  
I desire to know what I want to do with my life  
I want my children to more kind to their friends  
I desire my complexion to clear up  
I desire to get pregnant  
I desire to rid myself of my illness  
I desire to write more freely  
I desire to lead the team or league in batting  
I desire to be free of the urge to drink  
I desire to express myself freely  
I desire to run a marathon  
I desire to be the salesperson of the month  
I desire to be able to juggle  
I desire to have the garage cleaned out  
I desire to be a dancer  
I desire my average daily tips to be greater  
I desire to attract more business  
I desire the success of my website to grow  
I desire to go date more often  
And on and on.....

## **PART 3**

### **A DISTINGUISHING PROCESS**

#### **THIS PROGRAM IS BEST DONE IN ONE SITTING.**

YOU COULD COMPLETE THESE TWO SECTIONS IN LESS THAN AN HOUR AND IT IF YOU CAN CHOOSE A PLACE AND TIME WHERE YOU WON'T BE DISTRACTED THIS WOULD ADD TO THE POWER OF THE EXCERIZE AND THE RESULTS ACHIEVED.

# SECTION ONE

I.

**LIST THE BEST TIMES OF YOUR LIFE. TAKE 10-15 SECONDS TO DWELL UPON EACH.**

Make a list of all the best times you experienced so far in your life. Just begin listing them. Don't judge any of them simply write them down as you recall them. As you get into this process your recollection will become easier. **Be sure you spend 10 to 15 seconds to dwell upon the "feelings" of each** before identifying the next item. Don't limit yourself to a number but press to recall at least 16.

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## II.

### WHAT WOULD YOU LIST AS THE BEST ONE OR TWO YEARS OF YOUR LIFE SO FAR?

This question has you look at your life as a whole to gain some perspective on where when your best years seem to have happened. Now clearly the best years are on their way, but for now just identify best you can which one or two years seem to have been better than the rest and indicate your primary reason for your conclusion.

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### III.

**LIST THE PEOPLE IN YOUR LIFE YOU SHARED SOME REALLY HAPPY TIMES WITH. THIS COULD BE A PERSON YOU KNEW FOR ONLY A VERY SHORT PERIOD OF TIME YET YOU CONSIDER THE EXPERIENCE TO HAVE BEEN WONDERFUL. RECALL THE “*feelings*” OF THOSE TIMES.**

Reach back as far as you can and recall people you shared some really fun times with. They might have been very brief times and that is fine. Go through your past and note other people and list them as well and write down keywords describing what was happening and how you felt.

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## IV.

### LIST THE BEST \$ MONEY \$ EXPERIENCES

Here recall the most memorable happy experiences associated with money. Perhaps you were given a large bonus or maybe you found some a good deal of money you were able to keep. You just felt good about the occurrence. Perhaps you acquired something for very little cost.

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## V.

### **LIST THE MOST BEAUTIFUL THINGS YOU EXPERIENCED IN YOUR LIFE.**

Real beauty often time pass without us having had the chance to enjoy the moment. We can be distracted easily, but there are those times when we can not help but experience something out of the ordinary. It doesn't matter how "big" or "small", beauty is in the eye of the beholder.

Remember to note the "*feelings*" as best you can.

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## VI.

### LIST THE TIMES WHEN YOU FELT IMPORTANT?

Maybe your teacher made you the captain of a school team or you were placed in charge of a large activity or maybe you had to watch over your brother and sister while your parents had to handle

something important. There are times of importance that thought you may or may not have felt nervous, you none the less felt good being important. Don't judge in retrospect whether you think it was indeed important. Can you surface those the *"feelings"* you had?

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# VII.

## TIMES I EXPERIENCED BEING IN CHARGE.

Feeling important may seem like it is the same as being in charge, yet there are subtle differences. Now you might write similar things down that are similar to previous responses and that is fine. Just ask the question from the point of view of being the person “in charge” of the situations or events or circumstances, etc., and make a list. Notice the *“feelings”* you were experiencing.

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## VIII.

### MAKE A LIST OF THE TIMES YOU EXPERIENCED HAVING HAD PLENTY OF MONEY.

This may take a bit of work but do your best. Regarding money many people are think too much. Here the times you recall will be times when you were realizing you had more than what was needed at the time. It could be as simple as looking in your wallet to see if you had enough to buy that special present. Or it could be that you were just daydreaming and you realized you had no real money problems you needed to worry about for the time being and it felt good. List at least 10 times you can recall and how it felt. It doesn't matter if you can put the "*feelings*" into words, just that you get at least a glimpse of the feeling, emotions or even mood.

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## IX.

### MAKE A LIST OF THE TIMES YOU FELT NEEDED.

Sometimes feeling needed is not a good feeling. And as in all of these lists, what you want to be looking for are those times when the feeling was good, or happy. Sometimes feeling needed was not the best experience yet you can look to see if there were aspects of those times that you did like. If you discover a time that you were needed and you didn't like it at all, give it a moment to see if there wasn't something that you could separate out that you did like and write that down. And of course notice the "*feelings*".

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**X.**

**LIST THE THINGS IN YOUR LIFE YOU AGREE WITH.**

In life you will find there are things you are okay with and there are the things that you have a real feeling you wish were different. It can be that you have a real issue with pollution, or religions or the government or just a few politicians. Or perhaps you hate seeing pharmaceutical ads on TV or you think there should be only the national language should be taught in school. Whatever issues you have that you'd have be different if you had the power to change them is one set of items. What I want you to do here is make a list of all the things you **DO AGREE WITH**, all the things that you are pleased are the way they are. Small or large there are plenty of both.

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## XI.

### LIST ONE THING YOU LIKE ABOUT THE THINGS YOU DISAGREE WITH.

Now we will look at all those things that we disagree with, the these you disagree with and have a resistance to. However, what I want you to look for in each item, is what you can find to be okay or acceptable about it. For instance, perhaps you don't like that the environment is being polluted by people yet it makes you feel good that so many people are doing something to clean it up. Or perhaps you dislike going to school yet you like all the people you get to interact with. Everything we focus upon you can find a golden nugget. Every conflict allows one to find a solution to bring about harmony. For every short coming you have you can find something positive to say about it. List these items and the positive "*feelings*" you can find about it or at least something that feels a little better about it.

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## XII.

### **LIST THE THINGS YOU ENJOY FOCUSING UPON.**

List here all the things you enjoy focusing upon. These are things you experience feeling good about. They could range from watching your professional baseball team, to watching your daughter singing in the choir, or perhaps focusing upon the stars and beautiful sunsets. Anything you enjoy that you can easily maintain your focus goes on this list. It is possible to find something about everything you have a liking for and a dislike for.

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### **XIII.**

**MAKE A LIST OF THE PEOPLE YOU DO NOT FEEL GOOD ABOUT AND WRITE DOWN AT LEAST ONE THING YOU LIKE ABOUT THEM.**

Make a list here of something you like about all the people you do not have a good feeling about. You don't feel good your boss and you do like his commitment to the success of the company. Perhaps you don't like the don't like way your boyfriend has been treating you and you do appreciate his ambition to be a good provider. You do not like how your son's coach makes you feel. and you feel lucky he is an excellent coach for your son's development. You may not like your over weight appearance and you feel great about your long lasting physical health.

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# XIV.

## LIST WHAT YOU LIKE OR EVEN LOVE ABOUT YOUR IDENTITY.

Sometimes we forget and yet there are many things we really like about you we have become. We like the way we look perhaps, and we like the things we have accomplished so far in life. We may love that we speak more than one language or that we made it through college. We may feel good that we are kind to people and we might like that our hand writing is beautiful. These are the things to list here. Be sure to get in touch with your feelings about these.

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## XV.

### LIST WHAT YOU DISLIKE ABOUT YOUR IDENTITY.

Make a list of those things you dislike about the way you look or act. Perhaps you do not like the way your hair is or you don't like you are uncomfortable around the boys in your life. Each time you identify one look for what you DO like about that issue and write that down.

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## SECTION TWO

### GETTING PRESENT TO THE VALUE YOU ARE.

#### LIST WHAT YOU DISLIKE ABOUT YOUR IDENTITY.

Make a list of those things for which you are a value. Really feel that value and when you are aware of it be grateful and appreciate your opportunities to give that value to others. Value has no size for someone a simple as an ability to change a tire may be of tremendous value to a lady stranded on the highway. List as many as you can, don't judge whether they count or not.

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