



## JOY

### Show Notes for The Fun Road Podcast:

What brings you joy in your life? There are a lot of things that make us happy and happiness is a long-term result. Joy is more temporary. Joy can be going to see a movie, listening to your favorite song, or surrounding yourself with bright colors that fill your soul with happiness.

Many of us grow up and forget those moments of joy-the moments that brighten our day, the activities that make us smile, laugh or let loose. Ask yourself if you are waiting for someone else to create fun and joy, or are you going to create it?

What brings you joy? For each person it is a little different.

It can be music, sitting at a nice little café in the morning with a cup of coffee, enjoying nature, dancing, spending time with the people you love, being goofy even if you don't feel it's the popular thing to do. Be confident with who you are and what you're doing.

Making life fun and bringing joy back in your life can be done in several of these ways. Don't get stuck in thinking being silly is immature or not appropriate, we say DO IT ANYWAY! We have no interest in being boring! Life is to be lived. Find those who are in the same energy as you and then spread that joy to others. The more you can focus on joy the faster you can heal, help others, and make an impact on the world.

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