

# How to Create Sustained Joy in Everyday Life

A Discussion Co-Facilitated by [Arthur Uratani](#) and Erika B. Ervin.

*This document serves as a collaborative resource for you to learn, practice and grow! Please enjoy the stories and strategy creations! Please note that we have intentionally left blank spaces. As you read, give yourself time to write and add to this collaboration.*

Goal: For you to find at least one actionable tip that you can start to incorporate into your life to enhance your well-being right away. Click [HERE](#) for full recording.

Arthur: "Truth be told, I've lived a very charmed life. A lot of that is due to upbringing and circumstance. I've been very lucky and I understand that but I also realize that at least one of what makes me positive is mindset and **following through** with things that I want in life.

What brings me joy may not bring you joy. But it's the experiences we share that may inspire each of us to find the joy we seek.

## What does "following through" with things you want in your life look like for you?

During this discussion we identified follow through as doing whatever you want to do for yourself and continuing on your path.

### Benefits of Following Through

- Immediate sense of accomplishment and releasing momentary joy that compounds over time.
- You'll want that feeling again and be more willing to follow through. In the moment, tell yourself "Remember how that feels"
- When we say YES to an opportunity and follow through, the door opens for other unexpected opportunities.
  - *Example: "When I go to yoga class and say I see a friend from the past on the way into class. I have the immediate and expected benefit of the yoga class but the prolonged benefit of reconnecting with a friend."*

*What are some benefits you notice when you follow through with something for yourself? In what ways do you feel nurtured?*



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The Follow Through Strategy. This is a compilation of answers by the participants. Graphic Created by a participant, Emily Hirsekorn



## REFRAME YOUR MINDSET AROUND JOY:

I usually apply this Follow Through process to my things I HAVE to do or I NEED to do. I haven't applied this to joy. Many of the things I do on a daily basis are achievements but don't necessarily bring me joy.

### What are things you do for joy that isn't necessarily a Check Mark for you?

Arthur: One thing a day that brings me joy. Something that makes me smile or laugh

- Watch Simpsons or Seinfeld - Regardless of how my day goes, that's one thing I always do.
- Engaging with inner child
- Instead of scootering to yoga, I walk and clear my mind of other people's voices in my head.

*What are some simple things that you can do once a day that will bring you joy?*

## Create "Transition Times" that bring you joy.

- Rock Climbing - Going to the rock climbing gym before I go home. It allows me to decompress and create fulfillment in something that makes me very happy.
- Gardening
- Walking
- Learning
  - Example: I didn't like using my French Press because I didn't understand it. Once I learned it, it fulfilled me. Breaking instant gratification by focusing on prolonged gratification and joy.

## The Small Things Add Up

We often feel like we have to do something extreme to find change that brings us joy. Little things like walking child to school, snuggling with fur baby,

*Example: I hated all things I wasn't good at b/c I wanted the end goal. When we see someone successful on social media, that's all we see. We didn't see the baby steps to get us there. We don't allow ourselves the time to learn, be repetitive and take these small simple steps to get there.*

>> British Cycling Team Success Story. [\[Link\]](#)

[\[Marshmallow Study\]](#)



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## Find Joy in the Journey

Learn to wait and give yourself time and grace to overcome struggles. The journey is more important than the destination.

*Comment: Gardening is hard and takes time, but when you get that one little tomato, it's the best tomato you've ever had and makes the struggle worth it.*

### **Sustaining and Replenishing Long Term Joy. Keep a higher vibration baseline**

#### **Reframing Mindset:**

- Silver Lining approach - Arthurs Example
- Continuous learning - Learning from personal struggle and others' missteps
- Presence and Mindset - How are you approaching it? If you are open to it, you can find a silver lining
- If you walk in here and think you can take something and make a positive change you're right. If you think this is useless and worthless.. Then you're right.

Examples of fear that can come with finding joy..

- How is this possible?
- What if it goes away?

**Story:** *In moments of fear , I identify times when I could have easily been negative but I choose joy. All those hours and steps I've spent working on joy, I am the one that did that. I created that for myself and it feels more real and attainable. Looking back is to see how far you have come. There is so much joy out there to be had and an abundance of joy for us to make it happen*

**Participant Info Share:** Happiness and joy are not the same thing.

Happiness is fleeting but you can still find joy in the little things. Happiness is not constant. Pleasure is fleeting. What will continually keep you feeling restored?

#### **Book References:**

Flow: The Psychology of Optimal Experience  
Tiny Habits  
Positive Psychology

#### **Sign Off:**

For more insight on Arthur Uratani, read this article spotlighting him [HERE](#) and connect with him on [LinkedIn!](#)



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