

Finding Purpose With a Joy Journal

I wish I had a dollar for every family member, friend and client who has asked me how to find their purpose in this life! It appears to be the number one question that surfaces for all of us, especially when we feel lost, insecure, dissatisfied, disconnected, frustrated and discontented.

"Why am I here?"

"What am I meant to do?"

"Who am I suppose to be?"

"Where am I headed?"

And when I ask that individual what his/her *heart's desire* is, I get silence. It's a big question and I believe as one explores the answer, awareness of one's purpose in life will surface.

The first suggestion I am going to make towards discovering your purpose or direction, is to keep a **Joy Journal** for the next month.

What is a Joy Journal?

A Joy Journal is a way of discovering what makes your heart sing. It is a document of the who, what, why, where of life that inspires you, makes you laugh or cry, causes you to pause, makes you happy, fascinates you, reduces your stress, tickles you, creates awe and opens your heart.

Examples of what you might find written in your Joy Journal are taken from feedback from my clients and friends who have chosen to keep a daily record of their experiences of joy. Your journal may look nothing like the following examples because what makes your heart happy may not be the same for the next person. That's what makes the world such an interesting place. We are all individuals who perceive the world in a unique way.

- I stopped everything when the hummingbirds came to the feeder. I am fascinated with everything about this special bird.
- I love coming home and being greeted by my golden retriever. What would life be like without her? She is all about unconditional love.
- The best part of my day is waking up at dawn, making a pot of coffee and enjoying the silence.
- I am so in love with my grand baby! Is there anything more precious?
- I got to walk the beach today and collect sea glass. I love all of the shapes and colors.
- I had so much pleasure digging in the dirt and planting bulbs. I can't wait to see what they look like when they come up in the spring.



- Music inspires me. I downloaded my favorite songs today and I know I will play them tomorrow on my walk.
- Time got away from me today because I was having so much fun taking pictures of flowers, bumblebees, butterflies and birds.
- The quilt that I've been working on is almost done! I've loved every minute spent creating it.



Notice that these examples require very little money, college degrees or study. They are activities and people who fascinate, inspire, bring happiness, joy, contentment, love and so much more.

Get yourself a notebook or journal and commit to writing each day about the things that have made your heart lighter. Leave out rules as to how it "should" be done. Maybe you are a list person and you decide to write down 3 things each day that give you joy. Perhaps writing is something that relaxes you and your journal becomes a joy in itself.

Write in your journal for a month without expectations. Eventually you will start to see a pattern of joy. Use this as an understanding of what you are here to enjoy or to share with others or what you might like to do more of. Make every day count. When you look for joy you WILL find purpose.

I wish you a joyful life!

Ginger Bisplinghoff

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