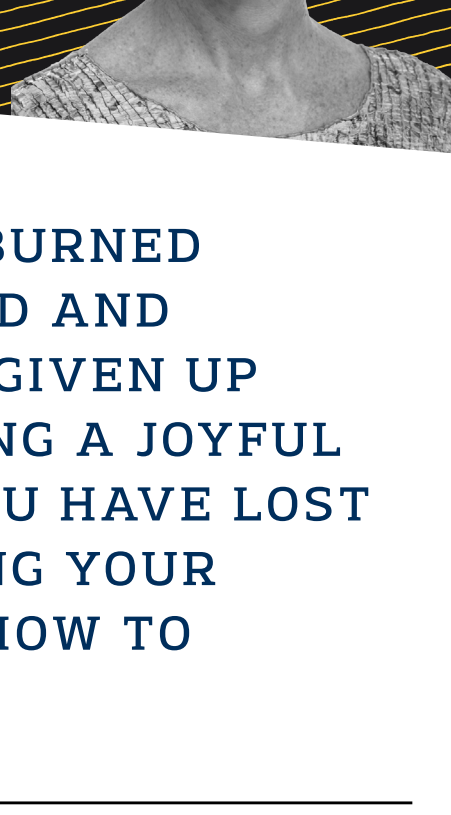


# 5 STEPS TO BRING BACK JOY

with

Amanda Gore



**ARE YOU FEELING BURNED OUT, OVERWHELMED AND STUCK? HAVE YOU GIVEN UP ON WORK EVER BEING A JOYFUL EXPERIENCE? IF YOU HAVE LOST THE JOY OF RUNNING YOUR BUSINESS, HERE'S HOW TO GET IT BACK!**

The five steps to regain your joy as a business owner are the following:

1. Be present.
2. Be grateful
3. Listen to your stories
4. Your connection: Your why, your purpose
5. F.A.R.C.

## 1. Be present

Focus on what you can control: Right here, right NOW!

The moment you allow your focus to drift to the past or the future, you lose the creativity, innovation and experience of this moment. Not only do you lose a lot of energy by worrying about the past or fearing the uncertainty of the future, you also lose access to your creativity, innovation and capacity to really tune into people and read them!

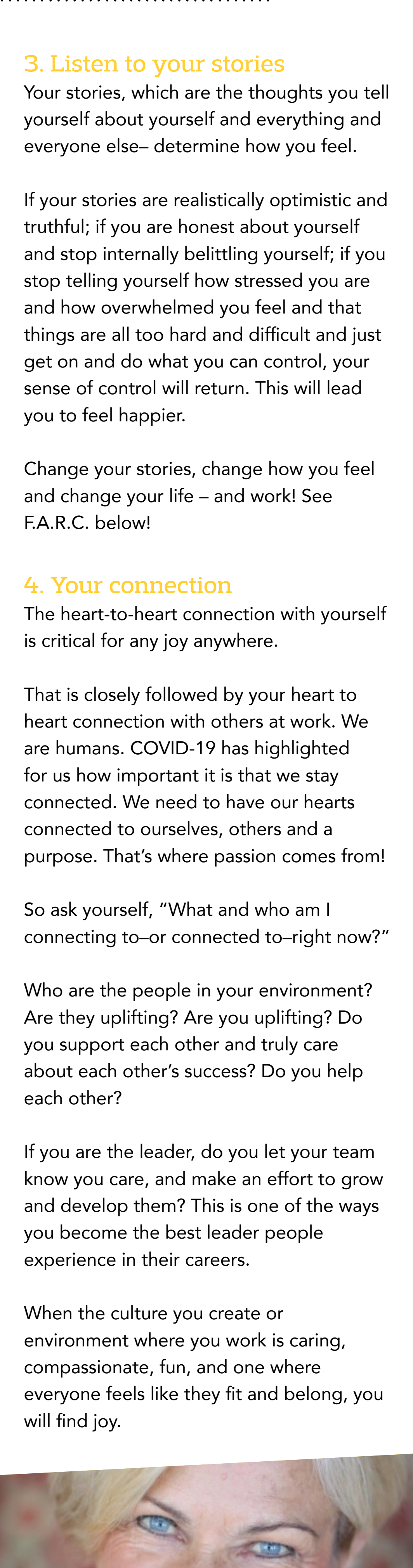
This takes away from your success and enjoyment at work. And it stops people enjoying you! Being present with another person or a task leads to improved productivity and dramatically enhanced satisfaction at work.

By the way, multitasking is the enemy of fulfilment and joy! No...you are not more productive and no....you cannot get more done while focusing on three things at once, even if you are a woman! LOL ;)

## 2. Be grateful - For everything.

Consciously look for things to be grateful for and focus on them. No matter what happens, find something to be grateful for in whatever it is. Ask at the beginning of every staff meeting (and every dinner), "What's the thing you are most grateful for today?" or "What's the thing you are most grateful for since we last met?"

Gratitude rewires your brain for joy. It is impossible to have a heart full of misery and a heart full of gratitude and joy.



**GRATITUDE REWIRES YOUR BRAIN FOR JOY. IT IS IMPOSSIBLE TO HAVE A HEART FULL OF MISERY AND A HEART FULL OF GRATITUDE AND JOY.**

## 3. Listen to your stories

Your stories, which are the thoughts you tell yourself about yourself and everything and everyone else– determine how you feel.

If your stories are realistically optimistic and truthful; if you are honest about yourself and stop internally belittling yourself; if you stop telling yourself how stressed you are and how overwhelmed you feel and that things are all too hard and difficult and just get on and do what you can control, your sense of control will return. This will lead you to feel happier.

Change your stories, change how you feel and change your life – and work! See F.A.R.C. below!

## 4. Your connection

The heart-to-heart connection with yourself is critical for any joy anywhere.

That is closely followed by your heart to heart connection with others at work. We are humans. COVID-19 has highlighted for us how important it is that we stay connected. We need to have our hearts connected to ourselves, others and a purpose. That's where passion comes from!

So ask yourself, "What and who am I connecting to—or connected to—right now?"

Who are the people in your environment? Are they uplifting? Are you uplifting? Do you support each other and truly care about each other's success? Do you help each other?

If you are the leader, do you let your team know you care, and make an effort to grow and develop them? This is one of the ways you become the best leader people experience in their careers.

When the culture you create or environment where you work is caring, compassionate, fun, and one where everyone feels like they fit and belong, you will find joy.



**TO REPROGRAM ANYTHING, WE HAVE TO BE AWARE OF WHEN WE ARE THINKING THE SAME WAY, BEHAVING IN A PARTICULAR WAY OR DOING THE THING WE WANT TO STOP.**

## 5. F.A.R.C.!

This is the secret to change!

It stands for **Focus, Awareness, Repetition, Celebration**. If you want to change anything, to rewire your brain to find joy or create a new pattern, use this formula!

Firstly, **focus** on what it is that you want to change. Most of the time we are 100% unconscious of our patterns of behaviours, let alone the thinking that causes our feelings or behaviours. Until you know what you are doing and how often, how do you know what to change?

To reprogram anything, we have to be **aware** of when we are thinking the same way or behaving in a particular way or doing the thing we want to stop.

Once we are aware of what it is we want to change, and catch ourselves when we are doing it or about to do it, we can repeat the new or preferred behaviour or alternative thinking. The more we **repeat** the new pattern, the more embedded – and automatic - it becomes.

Each time we perform the new action/ pattern, the brain loves to **celebrate!** Celebrating cements the new wiring. How good is that?! We have a real reason to do 'TA-DAs' or celebrate in some way. Even small changes need some kind of recognition and celebration to embed the new wiring.

How does this tie into joy? Well, your old habits of behaviour and the thinking that causes those habits will be contributing to your lack of joy! So if you F.A.R.C. and consciously choose how you want to think, feel and behave, you can create as much joy as you want!



**Amanda Gore** is an award-winning international keynote speaker, best-selling author, emotional intelligence expert for leadership and business.

[www.amandagore.com](http://www.amandagore.com)