



Promoting a Joyful Life

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Health, Wealth and Happiness

By: Ashly Kohly-Darroch

As we move forward into the New Year, it is not only important for us to protect our joy, but also lay a foundation that will allow us to develop even more daily joy.

Positively there are three things that most all of us strive for in life, as in them lie seeds of balance and joy. They are to have extreme health, core happiness and abundant wealth. These three things are valuable in holding the keys to a joyful existence.

So as this year progresses on; strive to have good health and be your physical best. When you feel your best, it is easier to give your best to others, thus getting the best in return. Good nutrition and exercise are important aspects of health. Good health is an infinite by product of mental attitude, which is a definite by-product of spiritual well being. Caring, compassionate and positive thoughts towards yourself and others also promote good health. To be your physical best there is no magic formula. A great body is just a product of hard work, focus and eating right. Exercise, get determined and eat healthy and over time like every other goal small miracles begin to happen. Work plus faith equals results.

However, if you have great health and no other goals in life it is hard to be as dynamic as you can be. So number two; is to find your happiness. True happiness comes from your creator, God. Knowing that in

all of creation there is no one like you.

When you were made, God had beauty in his eyes with seeds of perfection. Knowing our creator helps us to find balance and confidence in knowing that we are special.

How could you have more happiness than when you find your center and realize you have access to one most powerful source in the universe. In creating that relationship, it will not only allow you to radiate gratitude, kindness, empathy and mercy; but also give you great ability to attract grace and god-given abundance into your life. Know that the two above are important core elements in being your best. The last element gives you fulfillment when you do what you do best and reap the financial benefits: Thus realizing your worth and creating wealth.

Three as you may have guessed already is to find your wealth; find out what you enjoy doing most in your life and what you are most passionate about. That "thing" also can give to you momentarily. Then, write down where you want to be and make a plan to get there. Simply strive to be the best you can be and the wealth will come.

As you are thinking about each area of your life, write down where you want to be. Then develop ways to get there. By year's end you'll see that you have been living every day as a blissful adventure.