

Men Are That They Might Have Joy

“Joy-Generating” 101



Men Are That They Might Have Joy

“Joy-Generating” 101

Training for university employees and students.

BYU-Idaho Human Resources
Kimball Building 226
Rexburg, ID 83460-1670
(208)496-1700

Written and designed by Stephanie L. Wenzel, BYU-Idaho Training & Development

Email comments or suggestions to: powellp@byui.edu

Cover art: “Of Such is the Kingdom of God” by Simon Dewey

MAR2018

Men Are That They Might Have Joy

“Joy-Generating 101”

Table of Contents

Joy Defined	1
The JOY Principle	2
Joy & Happiness	3
Joy Seekers & Joy Generating	4
“How to Bring The Joy to Every Situation”	5
The 8 P’s of Becoming More Joyful.....	6
Generating Joyful Thoughts	7
“The Happiness Advantage”	8
21-Day Gratitude Challenge	9
Happiness Superpower Factors	10
Strengths.....	11
Values in Action (VIA) Character Strengths.....	12
The Ultimate Joy Source.....	13
Additional Resources.....	14

Joy Defined

Joy (noun)

1. **1a**: the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires
2. **2**: a state of happiness or felicity

Origin and Etymology of joy: probably akin to Greek *gêthein* to rejoice

Synonyms: beatitude (Etymology: derived from Latin *beatus* "happy, blessed": any of the declarations made in the Sermon on the Mount (Matthew 5:3-12) beginning "Blessed are")

-Source: Merriam-Webster Dictionary

Joy

A condition of great happiness coming from righteous living. The purpose of mortal life is for all people to have joy (2 Ne. 2:22-25). A full joy will come only through Jesus Christ (John 15:11; D&C 93:33-34; 101:36)

-Source: "Joy," Guide to the Scriptures, lds.org

What is your own PERSONAL definition of JOY?

2 Ne. 2:25 "Adam fell that men might be; and men are, that they might have joy."

The JOY Principle

- A **principle** is a basic doctrine, truth, or law (“Principle,” Guide to the Scriptures, lds.org)
- **Galatians 5:22** teaches that **joy** is a fruit of the Spirit.
- **Joy** is also a **spiritual gift**, which is a “special spiritual blessing given by the Lord to worthy individuals for their own benefit and for them to use in blessing others” (“Gifts of the Spirit,” Guide to the Scriptures, lds.org)
- **Mosiah 2:41** - “And moreover, I would desire that ye should consider on the blessed and **happy** state of those that keep the commandments of God. For behold, they are blessed in all things, both temporal and spiritual; and if they hold out faithful to the end they are received into heaven, that thereby they may dwell with God in a state of never-ending **happiness**. O remember, remember that these things are true; for the Lord God hath spoken it.”
- The Prophet Joseph Smith taught, “**Happiness** is the object and design of our existence; and will be the end thereof, if we pursue the path that leads to it.” (*The Prophet Joseph Smith*, p. 255)
- In the scriptures, we are continually commanded and reminded to “**rejoice!**”



Joy & Happiness

When searching for “happy” or “happiness” in the Guide to the Scriptures, the entry says “see JOY.” (“Happy, happiness,” Guide to the Scriptures, lds.org)

Joy = Happiness

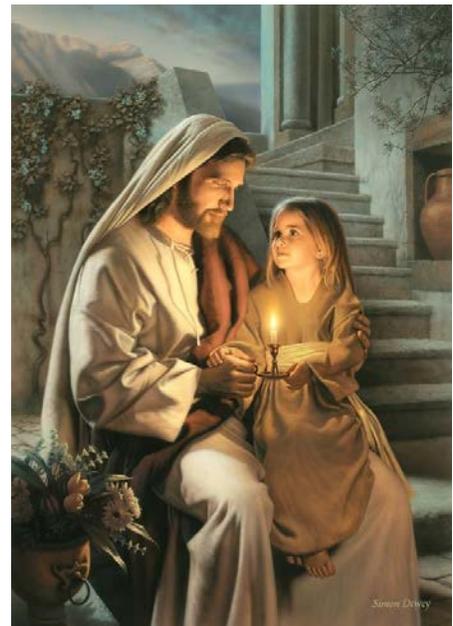
Joy is one of the “**10 Most Common Positive Emotions,**” according to Barbara Fredrickson, PhD research psychologist.

1. Joy *
2. Gratitude
3. Serenity
4. Interest
5. Hope
6. Pride
7. Amusement
8. Inspiration
9. Awe
10. Love

The Happiness Formula:

“Happiness → Success”

(NOT Success → Happiness)



“When we are happy—when our mindset and mood are positive—we are smarter, more motivated, and thus more successful. Happiness is the center, and success revolves around it.”

-Shawn Achor, The Happiness Advantage

Joy Seekers & Joy Generating

“Seekers”

If you ask someone what he or she wants most in life, common answers include: to make a difference in the lives of others; to have positive family relationships; to be financially stable; to live without regrets; to do all the things I dream of doing; etc. Boil these down even further and EVERY time, the ultimate answer will come down to BEING HAPPY. Happiness can look different to different people.

Here are a few basic, yet essential truths about happiness:

- Happiness is in your spiritual DNA.
- Joy, not unhappiness nor neutrality, is actually your default state! However, in the course of life’s trials, we unlearn happiness and learn unhappiness.
- We are instructed to “seek *earnestly* the best gifts” (D&C 46:8). Did you know you can pray for the gift of being joyful and being happy?!
- Real, lasting happiness must come from *within*.



“Generating”

You can consciously and deliberately choose to “generate” joy from the inside-out. “The Lord created all things spiritually before He created them physically.” (“Spirit Creation,” Guide to the Scriptures, lds.org) One of the greatest joys man can experience is the joy of creation. “Generating joy” begins with creating positive thoughts, feelings, and energy inside of you, from which it can radiate out into the world around you.



“How to Bring the Joy to Every Situation”

Bring the joy. This is my favorite advice to give to people who say, “I want to change my life.”

I’m like, “Great. Bring the joy.”

You know, people always say, “Brendon, what should I bring to your seminars.”

I go, “Bring the joy.”

You know what I...”I’m going to come to your house on Friday for the party, what should I bring?” Bring the joy.

I feel that it might be one of the greatest pieces of advice ever that if you’re going to show up somewhere, bring the joy. Intentionally decide to make that situation or that place you’re going better. And so many people don’t do that. They walk into environments and they say, “Oh well, you know; the energy is what the energy is.”

And they just accept the energy that is in the space. And I go, “Actually, why not try and challenge yourself to be responsible to bring good energy into that space to charge it up, if you will.” I know you guys love the charge. Charge it up.

- Why not be that person who leaves an energy better than you found it?
- What would happen if we all started doing that?

Doing it in a real, authentic way but I think if you go out with your friends, you have an opportunity to bring some joy there, to sort of enrich their life with some positivity because don’t you feel like right now we’re surrounded by an incredible amount of negativity, an incredible amount of people being personally offended, angry about lots of different things. The complaining is unbelievable in the culture right now.

And talk about a weak level of energy. Complaining. Personification of anger. Like just this perpetuation of negativity. It’s like the world is drowning in its own pools of pessimism and the only people who are going to save these people are those who are going to come out and say, “You know what? Chill out. Calm down.” And the people who bring positive energy back into the world.

So I say, “Bring the joy”.

Look, as I’ve always taught, the power plant doesn’t have energy, it generates energy. You don’t have joy; you choose intentionally to generate it. Just like you don’t have happiness, you generate happiness by the way that you think, the way that you behave, the life that you construct. You don’t have sadness, you are constructing it. You are generating sadness...We are consciously, ultimately responsible for our emotions.

Brendon Burchard, <https://brendon.com/blog/bringthejoy/>

The 8 P's of Becoming More Joyful

1. Programming

Many personal development scholars, including Norman Vincent Peale (*The Power of Positive Thinking*) and Stephen Covey (*The 7 Habits of Highly Effective People*) teach that we can program our brains much like one would program a computer. We can change the things we tell ourselves and ultimately change our beliefs and paradigms to be more joy-oriented.

2. Positivity

We can choose to focus on the positives. Identifying “highlights” of each day help to prime our brains to see the positive more readily and more abundantly. Zig Ziglar teaches, “Positive thinking will let you do everything better than negative thinking will.” Besides, it just feels better. Try starting each day with a positive thought and see it trigger a positive chain-reaction in your day.

3. Purpose

When we are able to connect the things we do and think with our values, we make them more meaningful. We are greatly motivated by meaning.

4. Potential

When we see ourselves as Heavenly Father does, we focus more on a growth mindset. “Happiness is the joy you feel moving towards your potential.” – Shawn Achor

5. Possibilities

When we see the world and ourselves as limitless, we allow ourselves to be more creative, innovative, motivated, and ultimately, happier.

6. Perspective

Have you heard of “the eternal perspective?” Looking at things through the lens of The Great Plan of Happiness helps us open our physical and spiritual eyes to see greater opportunities for joy.

7. Present

Real happiness lies neither in the past nor in the future. Yes, we can have happy memories and happy hopes, but joy is most fully experienced right here, right now.

8. Prayer

Prayer connects us to Heaven and opens the doors of divine communication. A daily habit of prayer and turning naturally and readily to prayer whenever we need creates a positive power in our lives. God wishes to bless us. By praying for the spiritual gift of joy and to be able to see and feel happiness, we will find ourselves experiencing it more often and more vividly, regardless of the trials of this mortal life.

Generating Joyful Thoughts

The Power of Affirmations (Belief-Programming)

“I am.” –Two small and simple words, but when combined they become a powerful tool. The words and phrases we choose to follow these two words can create incredible positive change from the inside-out. The more we tell ourselves good things, the more our mind believes them as truth. Other variations also exist.

Consider some of these joy affirmations:

I am a happy person.

I am constantly generating joy.

I easily see the good in the world around me.

I have the power to be happy no matter what.

I lift others.

I choose to focus on my blessings.

Now write some of your own below. Make them powerful and personal to YOU.

“The Happiness Advantage”

Shawn Achor is a positive psychology researcher, lecturer, and the author of the international bestselling book *The Happiness Advantage*.

The Seven Principles

(specific, actionable, and proven patterns that predict success and achievement)

1. **The Happiness Advantage**—How to retrain the brain to take advantage of positivity to improve productivity and performance.
2. **The Fulcrum and the Lever**—Mindset can be adjusted so our experience gives us more power for fulfillment and success.
3. **The Tetris Effect**—How to retrain the brain to find positive patterns so we can take advantage of opportunities.
4. **Falling Up**—Find a mental path in the midst of struggle that helps us come out stronger than before.
5. **The Zorro Circle**—Focus on small, accomplishable goals and then expand to bigger ones.
6. **The 20-Second Rule**—Willpower is limited. Making small energy adjustments help us create lasting change and new habits.
7. **Social Investment**—Invest in friends and family, including in the middle of challenging times. These relationships are actually the greatest predictors of success.

5 Daily Exercises to Establish a “Happiness Habit”

1. Write down 3 things each day you are grateful for (*all different*)
2. Journal about a positive experience from the last 24 hours for 2 minutes
3. Meditate – focus on your breath for 2 minutes
4. Exercise for 15 minutes (trains your brain that behavior matters)
5. Perform an act of kindness

Source: Achor, Shawn. *The Happiness Advantage*. Crown Business, 2010, p. 17-18.

21-Day Gratitude Challenge

Write down 3 different things you are grateful for for 21 days

Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			
Day 15			
Day 16			
Day 17			
Day 18			
Day 19			
Day 20			
Day 21			

Happiness Superpower Factors

#1 PASSION

- What am I passionate about?

- How can I more fully live my passions daily?

#2 FOCUS

- What really matters? Am I focusing on what really matters?

- Am I consciously choosing attitudes and perspectives that are in my best interest?

#3 STRENGTHS

- What strengths, talents, and gifts have others mentioned I have?

- What strengths, talents, and gifts do I know I have?

- What strengths, talents, and gifts would I like to develop or am striving towards?

Strengths

StrengthsFinder

Executing	Influencing	Relationship Building	Strategic Thinking
Achiever	Activator	Adaptability	Analytical
Arranger	Command	Connectedness	Context
Belief	Communication	Developer	Futuristic
Consistency	Competition	Empathy	Ideation
Deliberative	Maximizer	Harmony	Input
Discipline	Self-Assurance	Includer	Intellection
Focus	Significance	Individualization	Learner
Responsibility	Woo	Positivity	Strategic
Restorative		Relator	

StrengthsFinder 2.0 by Clifton

RichardStep Strength Aptitude Test

Adaptability	Focus	Resourcefulness
Ambition	Innovation	Risk Taking
Balance	Integrity	Salesmanship
Communication	Leadership	Self Motivation
Curiosity	Optimism	Strategic Thinking
Determination	Problem Solving	Teamwork
Faith	Purpose	Visionary

<http://richardstep.com/richardstep-strengths-weaknesses-aptitude-test/>

High 5 Strengths

Doing	Feeling	Motivating	Thinking
Believer	Chameleon	Catalyst	Analyst
Deliverer	Coach	Commander	Brainstormer
Focus Expert	Empathizer	Self-Believer	Philomath
Problem Solver	Optimist	Storyteller	Strategist
Time Keeper	Peace Keeper	Winner	Thinker

<http://high5test.com/>

VIA Classification of Character Strengths and Virtues

Virtue of Wisdom



Creativity
Original, adaptive, ingenuity, seeing and doing things in different ways



Curiosity
Interest, novelty-seeking, exploration, openness to experience



Judgment
Critical thinking, thinking through all sides, not jumping to conclusions



Love of Learning
Mastering new skills & topics, systematically adding to knowledge



Perspective
Wisdom, providing wise counsel, taking the big picture view

Virtue of Courage



Bravery
Valor, not shrinking from threat or challenge, facing fears, speaking up for what's right



Perseverance
Persistence, industry, finishing what one starts, overcoming obstacles



Honesty
Authenticity, being true to oneself, sincerity without pretense, integrity



Zest
Vitality, enthusiasm for life, vigor, energy, not doing things half-heartedly

Virtue of Humanity



Love
Both loving and being loved, valuing close relations with others, genuine warmth



Kindness
Generosity, nurturance, care, compassion, altruism, doing for others



Social Intelligence
Aware of the motives and feelings of oneself and others, knows what makes others tick



Teamwork
Citizenship, social responsibility, loyalty, contributing to a group effort



Fairness
Adhering to principles of justice, not allowing feelings to bias decisions about others



Leadership
Organizing group activities to get things done, positively influencing others

Virtue of Temperance



Forgiveness
Mercy, accepting others' shortcomings, giving people a second chance, letting go of hurt



Humility
Modesty, letting one's accomplishments speak for themselves



Prudence
Careful about one's choices, cautious, not taking undue risks



Self-Regulation
Self-control, disciplined, managing impulses, emotions, and vices

Virtue of Transcendence



Appreciation of Beauty & Excellence
Awe and wonder for beauty, admiration for skill and moral greatness



Gratitude
Thankful for the good, expressing thanks, feeling blessed



Hope
Optimism, positive future-mindedness, expecting the best & working to achieve it



Humor
Playfulness, bringing smiles to others, lighthearted – seeing the lighter side



Spirituality
Connecting with the sacred, purpose, meaning, faith, religiousness

The Ultimate Joy Source

Jesus Christ is our great exemplar. He embodies all of the attributes of God in their perfect form. As we seek to deepen our relationship with him and seek to become more like him, we will find that joy comes more naturally and becomes a part of our character. Because of His light, when we “bring the joy” to whatever place we are in, we also become a source of light and hope to those around us.

“He is the light and the life of the world; yea, a light that is endless.”--Mosiah 16:9

“And thus we see the great call of diligence of men to labor in the vineyards of the Lord; and thus we see the great reason of [rejoicing]...joy because of the light of Christ unto life.” –Alma 28:14

“In me your joy is full.”—D&C 101:36

“As the Father hath loved me, so have I loved you; continue ye in my love.

If ye keep my commandments, ye shall abide in my love; even as I have kept my Father’s commandments, and abide in his love.

These things I have spoken unto you, that my joy might remain in you, and that your joy might be full.”—John 15:11

“Verily, verily, I say unto you, I will impart unto you of my Spirit, which shall enlighten your mind, which shall fill your soul with joy.”—D&C11:13



Additional Resources

Scriptures:

- Psalm 68:3-4
- Alma 28:14
- D&C 19:29, 37-39
- D&C 52:43
- D&C 93:33-34

Talks:

- “Happiness, Your Heritage” by President Dieter F. Uchtdorf
- “Joy and Spiritual Survival” by President Russell M. Nelson
- “Joy and Happiness” by President Marion G. Romney
- “The Spirit of Optimism” by President Gordon B. Hinckley

Articles:

- “10 Ways to Live Happily Ever After Now” by Dani DiPirro of PositivelyPresent
- “14 Ways to Harness the Power of Enthusiasm” by Marelisa, from DaringToLiveFully.com
- “How to Become an Optimist in 21 Days” by Shawn Achor
- “Rewire Your Brain for Positivity and Happiness Using the Tetris Effect” by Walter Chen
- “The Science Behind the Joy of Sharing Joy” by Emma M. Seppala, PhD
- “The Way to Happiness: 7 Happiness Principles” by author J.D. Meier
- “What Are the Top 10 Positive Emotions?” by Kari Henley

Booklist:

- Before Happiness* by Shawn Achor
- The Happiness Advantage* by Shawn Achor
- The Motivation Manifesto* by Brendon Burchard
- The Power of Positive Thinking* by Norman Vincent Peale
- You Can Be Happy No Matter What* by Richard Carlson, PhD

TED Talks & Podcasts:

- Brendon Burchard’s podcast “How to Bring the Joy to Every Situation”
- Oprah’s SuperSoul Conversations - Shawn Achor, Part 1: The Secrets of Happy People
- Oprah’s SuperSoul Conversations - Shawn Achor, Part 2: How to Find Happiness in Today’s...
- Shawn Achor’s TED Talk “The Happiness Secret to Better Work”