



Be More Joyful: An Interactive Journal That Can Bring Happiness Into Your Life

Marty Schirn

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A proven powerful way to increase your feeling of joy and become more happy is to find more meaning in your life. If you are 13 or older, as you answer the wide variety of questions in this book and ACT on the suggested activities, it's very possible you will slowly go through a change. Chances are great that your life will become more purposeful, enjoyable, and exciting. Experiencing this change, you'll feel more ALIVE, that you are birthing, that you are becoming a new human being, and possibly that you are opening a whole new chapter in your life. When you are focused on achieving goals, whatever they may be, however significant or insignificant, this can have a profound influence on how you view your life. It is when you are on a continuous journey of striving to accomplish your goals that your life is the most purposeful; you feel the most ALIVE! The more you feel your life has meaning and the more you feel ALIVE, the more you discover inner joy. All of this can help you appreciate yourself as a human being, and attract more love from other human beings. My 102 page book contains 100 enjoyable, thought-provoking questions. The aim of the questions is to help you appreciate what you have and to explore new activities. Each question is followed by a suggested activity. The questions cover many subjects in your life. Some questions are intense and require a lot of thought. Others are much easier to answer. They do not have to be answered in chronological order. The questions are numbered, making it easier to skip them and come back at a later time to answer them. ALL the questions are intended to add joy and meaning to your life. When the question says "List six..." you can list more or less than the number suggested. You can keep your answers private: no one has to know. Or you can share them with whomever you wish. It's totally up to you. The suggested activity at the bottom of each page is meant to inspire you and motivate you to ACTION. It is when you take ACTION and continue taking ACTION that your life can change and improve. Setting goals and ACTING on them will enable you to achieve your dreams. The activity says "Choose one." But you can choose AS MANY AS YOU WANT, WHATEVER MAKES YOU COMFORTABLE. Some of the activities also contain brief but very helpful, supportive advice. The advice is based on my college education: a B.A. in psychology and a B.S. in business administration, with a minor in sociology, all from the University of Kansas; many compelling self-help books I have read; and many years of personal counseling I have received to help improve my own life. You are free to follow or not follow my advice. It's totally up to you. Moreover, you can answer the questions and do the activities repeatedly throughout your life. Repeatedly doing this will have a far greater impact on making your life more purposeful and enjoyable! Obviously there is only so much space to write in the journal. If you want to repeatedly answer the questions and do the activities for the rest of your life, you can either buy another copy, or you can use 8 1/2" X 11" paper for extra space. Do not let the limits of space stop you from getting the most out of this potentially unlimited opportunity to change your life! My book can help you, no matter what your present situation, to lead a more happy life, a life you can feel proud of and that others will appreciate. Irrespective of the simple or challenging nature of the questions, answering them and ACTING on the suggested activities can have a powerful impact on you. And as this book can benefit your life, it can also benefit the lives of your loved ones as they see the changes in your behavior over time. The book is very easy to read and is written in attractive calligraphy. You can also give this book as a high quality gift for any occasion. The recipient will greatly appreciate it! Why? Because most people want more joy and meaning in their lives.

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