

The Energy of Enjoyment



“Cultivating enjoyment is
developing a skill.”

~ Maria Nemeth

“It requires that you be willing to shift the focus of your attention from a conclusion known as

‘Just let me make it through this’

to a conclusion called

‘What might I savor about this moment?’”

or as Gandhi would say,

“There is more to life than increasing it’s speed.”

“When you use the energy of enjoyment, you develop the capacity to savor what is before you.

You learn to take delight in what you’re doing, not rushing through it and onto the next activity.

The opposite of ENJOY is CONSUME, which means to guzzle, chomp through, or use up.”

What is driven behavior?

When we are in “consuming” mode, we are demonstrating driven behavior.

Driven behavior is doing things over and over again, often unconsciously, that result in no satisfaction or temporary satisfaction.

Symptoms include repetition, lack of enjoyment and perfectionism.

Do you feel like you're always running late, or rushed, breathing shallowly or experiencing tightness in your chest, not having any fun, just frantically going from one thing to the next, getting through your list, but never stopping to celebrate your accomplishments?

By definition...

The definition of enjoyment is the state or process of taking pleasure in something.

According to Ralph Marston,

“Enjoyment adds power and effectiveness to whatever you’re doing. When you’re enjoying life, you’re functioning at your highest level.

...Wherever you may find yourself, whatever you may be doing, find some aspect of it to value and appreciate and enjoy. And enjoy what a powerful positive difference it can make.”

So what do you enjoy?

What brings you pleasure?

Close your eyes...
and remember the last time
you felt pure joy.

What were you doing?
Who were you with?
Where were you?

What are you noticing?

Were you experiencing
coherence?

Coherence

Our actions and outcomes are aligned with who we are and what's most important to us.

When we're coherent, we experience satisfaction, fulfillment, meaning and harmony.

We experience JOY.

Bringing enjoyment to our every day experience is both a mindset and a skill.

It requires consciously focusing on being "on our cards" and being present in the moment.

We resolve to savor our life, not consume it.

The Enjoyment Challenge

Are you willing to take The Enjoyment Challenge?

1. For the next three days, resolve to taste everything you eat. You may find that you're eating less but are more satisfied.
2. Before you buy something that you find at the market checkout counter, where many useless items reside, ask yourself the following: Will I really enjoy what I'm about to fling into my basket?
3. As you begin to create and play toward a goal, ask friends and loved ones to ask you each day what, specifically, you are enjoying about the journey.