

Dig beyond the obvious to create and access your unique blueprint to joy. An unusual method to tap into deeper definitions of joy, even amidst chaos. You can live softly and respectfully among others, but loudly and authentically for yourself.

Finding JOY Amidst the Chaos

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/3858.html?s=pdf>

Finding JOY
Amidst the Chaos

**Expand your unique definition
of joy and live it ALL the time.**

By Nancy Rosenfeld Daly, MBA

Copyright © 2009 by Nancy Rosenfeld Daly

ISBN 978-1-60145-717-2

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, recording or otherwise, without the prior written permission of the author.

Printed in the United States of America.

Publisher and Distributor: BookLocker.com, Inc.

Author contact: www.nancyrdaly.com

Table of Contents

Personal Message and Initial Guidelines	ix
1 Laying the Foundation for Your Unique Blueprint	1
2 Understanding Your Personal “Why?”	5
3 Most Important to You	9
4 Synthesizing Patterns.....	13
5 Joyfulness in Work	19
6 Joyfulness in Relationships	23
7 Reflection, and Applying Gut Instincts.....	27
8 Implementation Plan for Joyfulness	33
9 Focus and Go!	37
About the Author	41

Personal Message and Initial Guidelines

Hello! This is where I talk to you personally, with full-out honest expression. My intention for sharing the story, process and varied examples within this book is for you to be sparked with new invigoration and roadmaps to implement your own expanded definition of authentic joy, especially when faced with difficult life events.

This process of finding and feeling joy was created during the convergence of many personal life challenges within a short few months period of time. This situation could have easily ended in deep, downward spiraling to hopelessness or depression. I thought: there had to be a better alternative for coping. Focusing on *joy* and then creating this process was the amazingly beneficial choice. It could have been something else, not nearly as positive or helpful. It was a *choice* to reach out to find something better to hold onto and sustain.

Nancy Rosenfeld Daly, MBA

So what were my life challenges that led to the creation of this book? You may recognize some or all of the events, along with the emotional and physical implications. The complicated challenges that occurred within a few months time included:

- ▶ Being in the midst of a divorce after a 21-year marriage, while still living in the same house together with amicable, but awkward, and sometimes tense relations;
- ▶ Having normal parental concern for a teenage son's emotional, physical and academic well-being;
- ▶ Trying to sell our house in an unprecedented down market (2008);
- ▶ Reaching agreements on all types of settlement related to the marital split, without attorneys, and only using a mediator for the most difficult decisions at the end;
- ▶ Arranging for basic needs of life responsibilities all at once, in preparation for moving and after final divorce, such as obtaining estimates or establishing new insurance for health, home and auto; cell phone and Internet services, credit cards, banking, buying and

Finding JOY Amidst the Chaos ©

setting up a new computer when mine crashed, and more;

- ▶ Exploring getting a steady job during a recession, after being “free-lance” and independent for years;
- ▶ Trying to buy a new home, with most sales complicated by foreclosures due to market conditions;
- ▶ Preparations for sorting marital property, packing and moving;
- ▶ Caring for elderly parents who recently relocated from out-of-state to be near me, followed by my dad being hospitalized five times within three months; and,
- ▶ the culmination (as far as the current status goes) of the sudden death of my constant companion, my golden retriever pet, who was diagnosed with lung cancer and passed over nine days later.

Each one of these events individually is an intense experience for the mind, body and spirit. I pleaded to myself: Enough! No more! To have them converge within a few months time was truly a life test of rising or sinking amidst the chaos.

Chaos can obviously appear in many other circumstances, not just external events imposed upon us. Feeling overwhelmed

Nancy Rosenfeld Daly, MBA

with tasks, responsibilities or financial decisions may bring an atmosphere of stressful chaos, instead of feeling excited by these challenges as opportunities or fullness of life. Feeling sad, in physical or emotional pain can also bring on internal chaos, affecting our health, relationships and ability to function in daily life.

In my personal situation, with so much accelerating toward me from one moment to the next, I felt I HAD to focus on something better in order to keep upright, calm, and centered for my own well-being, and to be available to those who counted on me: my son, parents, clients, and volunteer and friendship commitments. I did not want to be overcome with the fears and emotional swings of others involved. I did not want to be consumed and eaten up by these life events swirling around me.

Yes, my feelings burst forth, especially when mourning the physical death of my pet. Yes, I lost my “observer” focus more than once and became enmeshed in frustrations, participating in an escalated mess. Fortunately, the contrast of NOT wanting more of this jarred me to refocus and observe what happened so that I would be better prepared the next time. And, the next time I

Finding JOY Amidst the Chaos ©

wanted to strive to make a healthier choice in how I reacted. I wasn't sure, however, how I was going to do that yet.

I did not want “my story” to be one of negativity, self-pity or constant complaining. I wanted to move on from this state of events, the sooner the better. I had good health, savings in the bank, a critical support network of friends, and a smart, healthy and relatively trouble-free teen. However, even with so much in my favor, the other stuff above could feel overwhelming on even the best of days, especially because it was happening in fast sequence and overlap – a roller coaster of emotions and details related to divorce, family health, death, moving and more.

Step 1 of the process you are about to read began as a fun, positive way to focus my energy during initial stages of the divorce, and before much more snowballed. From there, I wanted to focus on incorporating more joy into the work I did in facilitating Boards of Directors, and in speaking and writing, while generating more income that I would need as a result of the divorce. Truly bringing maximum joy into new work was an exciting prospect, while not succumbing to previous patterns just because they were tried, true, safe and even successful.

Nancy Rosenfeld Daly, MBA

I must admit that I used to be a repressed creative wearing the suit of a Chief Financial Officer, followed by a hectic career as an independent strategic planning consultant traveling constantly to meet with national clients. My previous book, ***A Left-Brain Thinker On a Right-Brain Journey***, details that transformation of breaking free, rebalancing and giving inspiration and guidance to others who want to remove “shoulds” and live life as they choose.

But my orientation to being curious and liking “process” stays with me even now as I examine finding Joy. So, when I began with just a fun list of things that brought me Joy, to distract me from my life challenges, I enjoyed reading it and selecting items on the list to experience. Then I thought: What if I try to understand my definition of joy in greater depth so that I can experience it more regularly, maybe even all the time? What was it about these items on my list that really brought me joy? I wanted to invite and allow maximum joyfulness into all areas of my life as much as possible.

I believe we CAN create and implement our unique blueprint to a life containing more joy. And, I believe we need many individuals to do this for greater synergy and affect. We each have personal gifts, passions and preferences. That is what makes

Finding JOY Amidst the Chaos ©

humanity so important to this planet. We need all the gifts to be turned up high so that each person is effortless, passionate and joyful in their contribution, while helping all of us live this human experience with more happiness.

Not only do I wish more happiness in life for you; this goes much further to those whom you interact with. Your expression of joy affects others and they affect others, thus spreading more positive feelings and actions throughout your world, with the potential of raising happiness and goodwill everywhere. We humans are but one small microcosm of the Universe connected to everything else. We might as well enjoy ourselves while here, and help each other along the way, for we are also helping ourselves when we help others. Joyfulness is contagious! Let's get started...

INITIAL GUIDELINES

Welcome to designing your blueprint to sustained joyfulness. Here are a few important suggestions before you begin:

Nancy Rosenfeld Daly, MBA

- ▶ For greatest benefit, it is best to complete the steps in order. Thoroughly completing one step before beginning the next will help you explore in depth your motivation and preferences. It will all make sense by the end. You are starting broad and narrowing the focus to clarity of joy.

- ▶ Give yourself a few weeks to complete this exploration and discovery. You may want to complete only one step in a day, in order to reflect on your responses more thoroughly and objectively at a later time. I suggest limiting your exploration to an hour at a time, with healthy breaks before beginning again: breaks such as outdoor time, deep breathing, exercise, drinking lots of water, eating a healthy snack, or laughing with friends and loved ones.

- ▶ You may prefer to complete your responses on your computer, where insertions can be easily added. And, color coding might be desired to compare responses to the same question (such as all responses to Step 1 are purple). Of course, you create the best method for yourself, in a notebook, journal, computer, note cards, sketchpad or whatever you desire.

Finding JOY Amidst the Chaos ©

- ▶ After further review, you may want to add more to your answers or make an adjustment, which is fine. Keep in mind and priority, however, those answers that came first. *Your initial responses provide authentic insight to your truest desires.*

Dig beyond the obvious to create and access your unique blueprint to joy. An unusual method to tap into deeper definitions of joy, even amidst chaos. You can live softly and respectfully among others, but loudly and authentically for yourself.

Finding JOY Amidst the Chaos

**Buy The Complete Version of This Book at
Booklocker.com:**

<http://www.booklocker.com/p/books/3858.html?s=pdf>