Injoy Life

"I would go so far as to say that this may be the purpose of human life: that we are set free into a lonely universe like homing pigeons meant to find our way back to joy." - Martha Beck

Lately I have come to realize the secret to moving successfully through life’s stages and changes is to learn to injoy life. I love that word – “injoy”. I actually made it up a few months ago as I was searching for a way to describe my focus as a life coach. I first landed on the word enjoy, but I knew my idea was deeper and richer. When I changed the word to injoy, that felt right. Living in joy, returning to joy, sharing joy. That is the essence of my work, and the critical mindset we need for creating the next greatest version of ourselves.

Much to my surprise, I discovered the word injoy had already made its way to the Urban Dictionary.

“Injoy is stronger than enjoy. Injoy is more of joy filling you from the inside of yourself. Having internal joy.”

This really resonated with me, and I began to share the idea with friends and colleagues. They got it, and they started using the word injoy and sharing how they were finding their joy. My interest in living from this place of joy has led me to three guiding principles you can use to injoy life.

Be the Driver of Your Life

It can be tempting to sit in the passenger seat of life – allowing other people, circumstances, or even your own limiting beliefs to take the wheel and decide where you will go. While this may feel safe, it will not lead you to joy. Your heart knows the path to follow, and that path needs to be aligned with the person you are today. Be willing to evolve and grow. Discard old behaviors that no longer serve you. Keep lists of what you like, don’t like, and what new areas in life you want to explore. Let the person you are becoming, not the person you were, lead the way.

Live with Purpose and Passion

I love the quotation above from Martha Beck because it reminds us that humans are hard wired to return to joy. It is in our nature to crave the spark of passion and seek our purpose in life. This is one of the most common reasons people talk with me about a career change or downsizing – they want to explore a new chapter in life that gives them a sense of meaning and fulfillment.

However, it is one thing to know what gives passion and purpose, and quite another thing to actively live from that mindset. To injoy life, make time for what you love to do and look for ways to share your gifts and talents with the world. Even if the laundry does not get finished first. Waiting until everything else is done before you can do what you love to do gives it the lowest priority and means it probably won’t happen.

Commit to a High-Quality Lifestyle

This has to become a non-negotiable aspect of your life. You need to take care of yourself in order to injoy life. A good way to make this happen is to reframe how you think about self-care. Delete the idea that this is about being selfish. It is about being self-full. You are no good to anyone else if you are empty and drained. Spend time getting to know yourself and what you need to be your best in the areas of health, love, money and time. Actively work on getting those needs met. Be tuned in to your feelings – notice when you are in the place of joy and when you are not. Let those feelings guide your decisions about how you will spend your time.

Reduce the things you feel obligated to do but don’t want to do. Keep a list and look for ways to barter, pay someone to do them, or drop them from your list. Notice what or who is draining your energy, and decide to deal with those drains. The goal is to keep your energy tank so full it is overflowing. Then you will have plenty to pursue your passions, explore life’s possibilities, and share your joy.

INTERESTED IN MORE INFORMATION

- The Art of Extreme Self-Care by Cheryl Richardson
- The Joy Diet by Martha Beck
- Free PDF Download Tools - The Passion Quest & Eliminate Energy Vampires at www.cindyclemens.com/tools

@Cindy Clemens Life Coach
“There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all time, this expression is unique. And if you block it, it will never exist through any other medium and will be lost.”

– Martha Graham