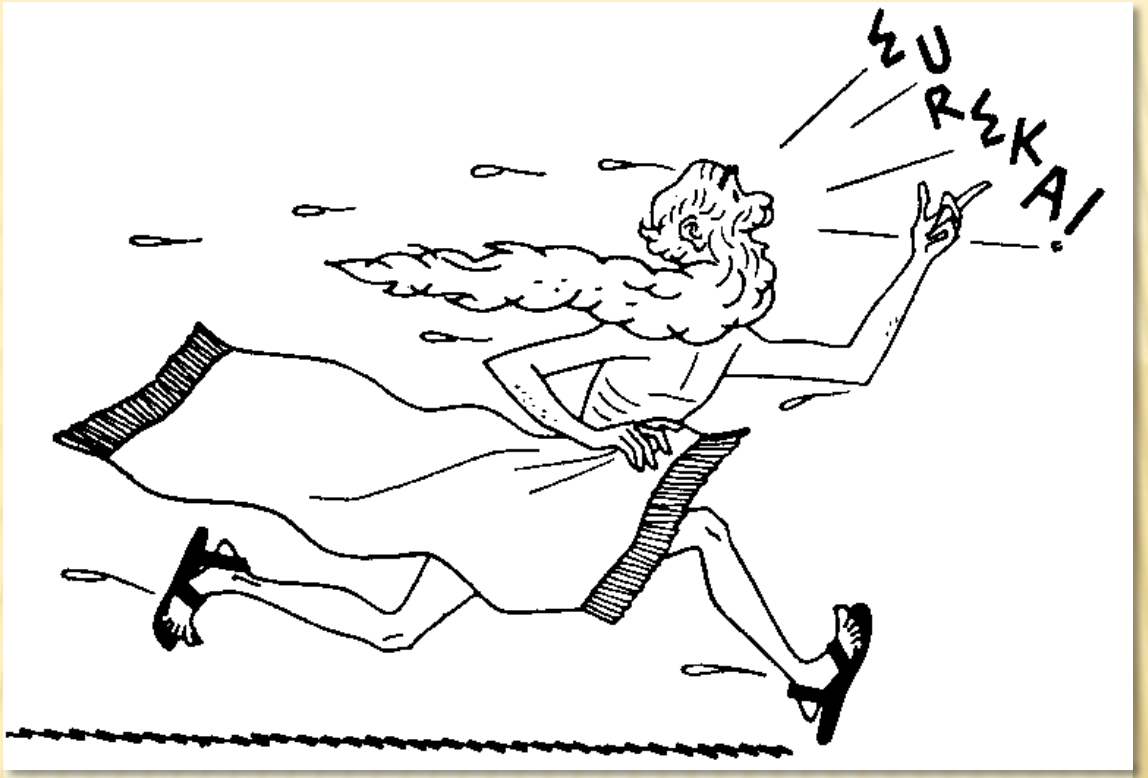


SERVING FOR JOY



Mental State of pleasure and / or happiness in abundance

Experienced in all the human attributes e.g.:

1. Physical
2. Emotional
3. Intellectual
4. Spiritual



SHIFTING AXIS OF JOY

- Shift from physical to spiritual
  - **Baby** – Physical
  - **Child** – Physical + Emotional
  - **Adolescence** – Physical + Emotional
  - **Adult** – Physical + Emotional + Intellectual
  - **Mid Life** – Emotional + Intellectual
  - **Old Age** – Intellectual + Spiritual

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CHEMISTRY OF JOY

- Surprise
- Beyond Anticipation
- Physical Sensitivity
- Sense of Achievement
- Victory
- Divinity



JOY IN SERVICE

LIFE IS 10% WHAT HAPPENS TO YOU

&

90% HOW YOU REACT TO IT

JOY IN SERVICE (*CONTD.*)

SERVING IS PROVIDING ABILITIES FOR A RECIPROCAL CONSIDERATION.

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ATTRIBUTES OF SERVICE

EXCHANGE OF ABILITIES FOR A CONSIDERATION

- EXCHANGE
- ABILITY
- CONSIDERATION



CONSIDERATION

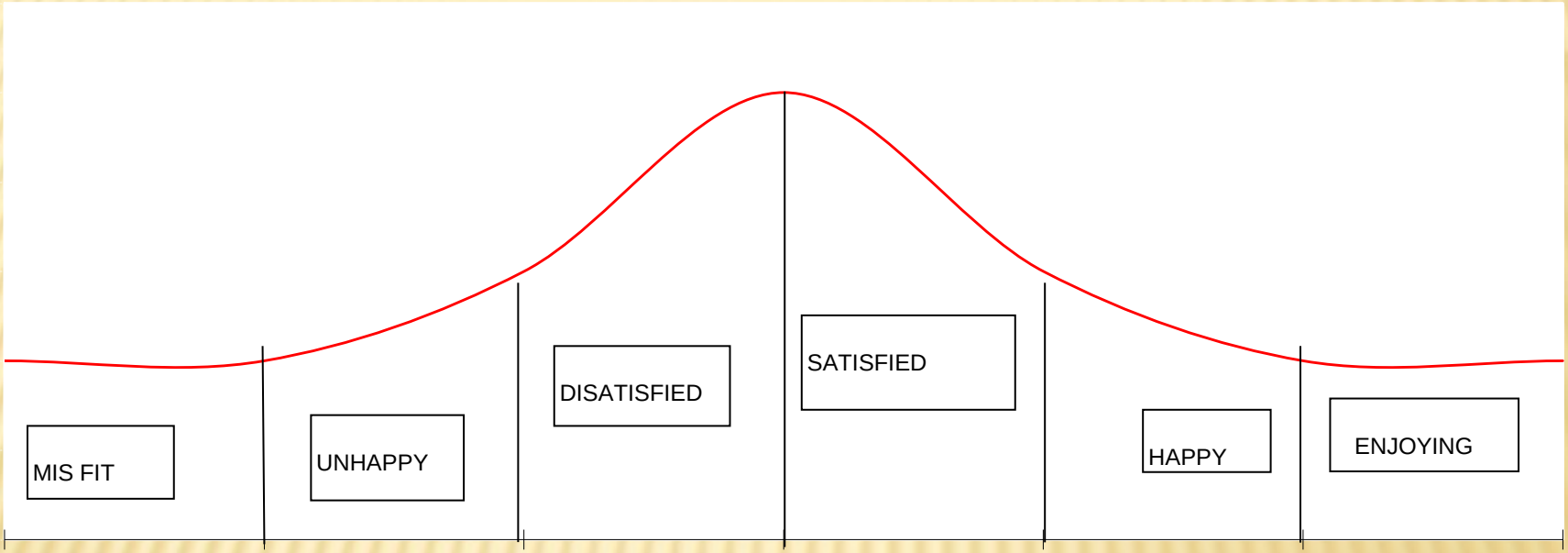
- TANGIBLES
  - REMUNERATION



- NON TANGIBLES
  - SOCIAL RESPECT / RECOGNITION
  - STATUS / HAPPINESS
  - SELF WORTH
  - SATISFACTION / JOY

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STATISTICAL DISTRIBUTION OF PEOPLE SERVING



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KILLERS OF JOY

CONFLICT

- INTERNAL
- EXTERNAL

STRESS

- FEAR
- APPREHENSION
- ANXIETY
- OVERSTRUCTURING

ESSENTIALS OF JOY

- ACTIVE STATE OF MIND
  - AGILE
  - INQUISITIVE
  - LATERAL
  - INNOVATIVE

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ESSENTIALS OF JOY

- FREE ACTIVE MEMORY
  - STRUCTURING OF INFORMATION
  - NON ESSENTIAL DATA THROUGH AUXILIARY MEMORY
  - PROCESSING MEMORY FREE

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ESSENTIALS OF JOY

- EMOTIONAL STRENGTH
  - ABILITY TO FACE ADVERSE RESULTS AND OUTCOME
  - FLEXIBILITY
  - TOLERENCES AND PERSEVERENCE
  - PATIENCE
  - REACTIVE SENSITIVITY
  - APPROPRIATE OUTLET OF ANGER(CONTROL)

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ESSENTIALS OF JOY

- DIMENSIONS OF LIFE
  - SELF
  - HOME (SOCIETY)
  - WORK PLACE

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DIMENSIONS OF JOY

SELF

HOME (SOCIETY)

WORK PLACE

TIPS TO ATTAIN THE STATE OF JOY

- DO NO MIX BETWEEN DIMENSIONS (AXES) OF LIFE
- PRIORITIES RIGHT ON INDIVIDUAL AXIS AND INTER AXIS
- IDENTIFY YOUR PRIME MOVER
- PHYSICAL, INTELLECTUAL, EMOTIONAL
- DETACHMENT FROM OUTCOME
- AVOID OVERSTRUCTURING OF OBJECTIVES & MILESTONES

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TIPS TO ATTAIN THE STATE OF JOY

- TRUTHFULNESS IN RELATIONSHIPS
- PICTURISE PROBLEMS AND SOLUTIONS
- TACKLE MINDS NOT BODIES
- RULE THE HEART AND NOT MIND
- INTROSPECT
- ASK HOW, WHY AND WHAT IF

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TIPS TO ATTAIN THE STATE OF JOY

- GENERATE HAPPY AMBIENCE AROUND YOURSELF
- ALLOCATE AT LEAST 20% OF TIME FOR STARING AT THE ROOF AND THINKING
- INNOVATIVE IN SMALL LITTLE ACTIVITIES THAT YOU COME ACROSS

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JOY IS A NEVER ENDING EXPERIENCE

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THANK YOU