

In New York Life's a JOY-ney

Darrell Fusaro (August 25, 2016)



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New Yorkers' got the pronunciation right. Life is a JOY-ney. Meaning, that throughout our lifetime we're to rely on joy as the indicator that we're moving in the direction of our heart's desire. Joy and enthusiasm let us know we're heading toward more life, more joy, and more of what we were created to be doing; in other words, success.

Recently, author [Alan Cohen](#) [2] was a guest on [Funniest Thing! with Darrell and Ed](#) [3] and he shared how he used to be a "hard-aholic." He was convinced, like many of us, that the journey to the top had to be one of sacrifice and struggle. Alan went on to explain how he's much happier, and attracting much more of what makes him happy, by simply doing the things that he feels good about doing.

I too have found this to be true on a day to day, moment to moment basis. When I do the things I'm enthusiastic about doing on my to-do list first, everything else that "needed" to be done seems to magically get done with effortlessness and ease.

Trust that your life's a JOY-ney and steer toward joy. Whenever you do you'll be thrilled as you experience the Universe rearranging circumstances in your favor.

"Life's a JOY-ney!"

ME: It feels great saying it like that.

NEW YORKER: Of course it does. That's because it's the truth.

I love our friends in NYC.

-Darrell Fusaro

Darrell Fusaro is the author of [What If Godzilla Just Wanted a Hug?](#) [4], co-host of the [Funniest Thing! with Darrell and Ed](#) [5] podcast and a contributing columnist for [i-Italy Magazine](#). [6]

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