

How to find

JOY

EVERYDAY

Amanda Gore

Amanda Gore's

HOW TO FIND JOY EVERY DAY

By Amanda Gore

www.amandagore.com

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To my beautiful mother Lenore

How you feel about yourself is the most important thing in life. The second most important thing is to be aware of what you are thinking – it creates your life.

-AMANDA GORE

[STEP 1]

Love and Accept Yourself



How you feel about yourself is *the* most important thing in life!

DO YOU REMEMBER a time when you were madly in love? Wasn't it a wonderful time? *Everything* was great – things flowed, you glowed and life was amazing! All because you were in love. But with whom? In truth, it was with *yourself!*

When someone else is madly in love with you, they see you in your true perfection! No warts, no projections – nothing but the wonderful you that is always inside – but generally covered with wounds and fear!

When one other person sees the true you – you too can see it and I honestly believe at that time, you fall in love with yourself. We are full of joy and so is life.

This is all great until the one we love starts to see our warts – or we start to see theirs! Suddenly you –and they – are no longer perfect and all the hidden fears, doubts, old patterns and self consciousness return. *We fall out of love with ourselves.* And life goes back to its usual patterns and we feel miserable again. All we want is to find our “perfect” partner and we will be happy and joy filled again!

NO we won’t! Well, not for long anyway! What we need to do is to fall in love with ourselves again – to realize we truly are worth loving no matter what your beliefs tell you. You ARE good enough. In fact, you are MORE than good enough to be lovable. You ARE lovable and worth loving. Don’t even let anyone tell you otherwise.

It took me until I was 55 to learn that I really didn’t believe, deep in my heart, that I was worth loving. It took

lots of work and effort – and still does – to change that belief!

The greatest gift I could give you is to alert you to this fear that most of us have deep inside – often from insignificant and innocent things our parents did. As small children we see the whole world revolving around us and interpret everything that way. Mummy or Daddy leaves and it's out fault. Daddy drinks (but we don't understand) and behaves strangely and it must be because we are not being good enough or we are not lovable.

I could go on and on. Look deeply into your beliefs. Is this a core fear for you? That you are not worth loving, lovable or good enough? Look at the patterns in your life and see if they reflect that belief. It's rarely a conscious belief until you think about it – like now!

Then visit your heart. The truth is always there. In your heart, from your hearts perspective, you will see the real you. The wonderful, lovable, joyful, 'in love' person that you were at the time someone else truly 'saw' you and loved you.

Keep looking – you ARE there! Watch [this video](#) to hear Amanda talk more about the most important thing in your life.

Your heart knows who you really are
and it is all good!

[STEP 2]

You Are What You Think You Are



“You are tense and I am intense” is a phrase the wife of someone I know repeats regularly to her husband. Not only is this deeply embedding those ideas into her mind (and his), but it’s also making the situation more likely to remain the same! It reinforces both those beliefs and habitual patterns of behavior and it is a statement that becomes a self fulfilling prophesy!

Have you ever stopped and listened to the thousands of words that you say to yourself each day?

IF YOU HAVE, would you ever say such things to a friend? Or even an enemy?

We are remarkably cruel to ourselves! We are judgmental – often much more so than others. We demand the highest standards from ourselves. We are intolerant, critical and rarely understanding or supportive to ourselves!

Why?

Well, partly I think it's F.O.W.O.T. – fear of what others think! We often don't feel secure in who we are and compare ourselves with others. Comparisons destroy contentment! We suffer embarrassment, guilt, shame and blame from speculating on what others might be thinking!

And secondly, habit! We are replaying the tapes that were given to us as children and teenagers. Were your parents very critical or perhaps they weren't but just didn't acknowledge you much? Were they negative?

Did an old teacher say something to you that was embedded in your cellular memory (yes we do have it) and it is regurgitated on a regular basis?

Listen to yourself for even an hour! Longer if you can. You may be stunned at what language you use to belittle yourself. Or at what you continue to program in!

Your subconscious mind is like the bottom of an iceberg – a gazillion times larger than the tip we see above the water, which is like your conscious mind. Any instruction spoken by your conscious mind (your self talk or what you say out loud) is “programmed” into your subconscious, and it will rule your behavior.

For example – if you say to yourself “*I never remember names*”, that message is given to the subconscious and from that moment on, every time you are about to remember a name, your subconscious kicks and sucks that name off the tip of your tongue – because it has been told you don’t remember names! Same applies to “*I am no good at math*”; “*I’m shy*” and so on.

Be very aware of what you tell yourself about yourself and check to see the original source. It’s probably not you! Question the truth of the statements. Replace them repeatedly with more positive, truthful statements until these become the default program.

A great way to stop yourself from being negative is to follow any comment you make about yourself with:

“if you say so”.

It's very powerful for making you stop and think about what you just said. Try this for yourself!

Most stress is caused by what we say to ourselves *about* an event. That's another reason it's critical we become aware of our thinking. The events are rarely stressful in themselves – unless they involve violence or extreme weather conditions. The physiological reactions in our bodies are most often triggered by what we say to ourselves.

Consider the impact on your body if you scream inside your head “OH NO” in response to something. It's not pretty and involves LOTS of stress hormones!

If you chose to say “*Oh that's interesting*” – you would have a totally different internal state! It's a conscious choice once you become aware. You are aware now!

[STEP 3]

Be Grateful



Wear 'gratitude glasses'.
Find gratitude in your life! Be grateful for everything
- all the time!

Walking down a corridor in Opryland, a huge hotel and convention center in the USA, I was lost and frustrated. Out of another corridor came another couple – also lost and frustrated. Their two small children were however jumping up and down with excitement in this endless corridor that looked the same as the other miles of corridor!

Those children taught me at that moment about how grumpy most of us grown ups have become! We have lost our sense of awe, wonder, excitement and enthusiasm for life. We must regain it to rediscover our joy!

GRATITUDE IS THE foundation for joy. Without gratitude joy is much more elusive. Toddlers are rarely consciously grateful but they are full of awe and wonder and reverence which is an even deeper form of gratitude.

They look at everything with innocent, enthusiastic eyes and they feel their feelings intensely and let go when wonder and awe for a new exciting thing that just popped up kicks in!

We grow out of that by watching jaded, tired, cynical adults who model for us a different way of living.

Rediscover your awe and wonder by consciously focusing on gratitude. Every day, fill it with reasons to be grateful. Actively look for things for which to be grateful. Buy a beautiful book, which will become your Gratitude Journal and write in it every morning and every night. If you do this before you sleep and focus on at least three blessings

a day, research has shown you will feel dramatically different and more positive.

Studies show that gratitude is a powerful antidepressant. No side effects and very effective!

There is always something for which to be grateful. Force yourself to find things for which to be grateful if you have to. Do it for 2 months and you can create a new habit – a wayyyy better habit than being pessimistic and actually looking for the negative in situations.

Be grateful for the lessons you are learning – every day. Some may be tougher than others – but they are all making you a better person; or building resilience; or developing your belief in yourself or teaching you something you can appreciate.

[The institute of Heartmath](#) is a wonderful organization providing evidence to show the power of true appreciation in your heart. Feeling sincere appreciation – gratitude – for something or someone, transforms the internal status of your body. It brings peace and calm and literally prevents damage to your heart and other organs.

Your mission, should you choose to accept it, is to make EVERY day from now on a gratitude day – put on your Gratitude Glasses (You can find them here -

www.amandagore.com) and keep them on! With Gratitude glasses you see EVERYTHING in a different light. They transform your life – and you can use your fingers by making a circle between your thumb and your index finger if you like – free, and easy!

Joy will come flooding into your life if you keep your gratitude glasses on from now on! Especially after you and your partner have had a fight. Go to bed with your gratitude glasses on and look at your partner until you feel sincere appreciation! I guarantee you will be laughing together within minutes!!

Watch [this video](#) to hear Amanda talk more Gratitude Glasses and Being Grateful!

[STEP 4]

Be A Good Finder



A friend of mine counseled a young man unhappy in a new job. His source of unhappiness was a woman whom he found very difficult. She asked him to tell her one thing about her that was good. It took about ten minutes but finally he said “she looks good in blue!” She told him to go back to work and only focus on that when he saw her or thought about her.

Six months later, she met him again and his life at work had transformed! He really liked and admired this woman now. That's the difference being a good finder makes.

THINK OF ALL the people you love to be around. Every time you are with them you feel uplifted and inspired or just 'better'. You might laugh more, share more, and feel safer or just more empowered.

These are people who are generally 'good finders'. My Qi Gong master gave us a great life mantra!

*“Every day is a good day.
Every thing is a good thing.
Every place is a good place.”*

Try repeating that when things look bleak or you are viewing the world without your gratitude glasses on. It's astonishing how powerful simple things like that are. He also challenged us to think ONLY kind or positive thoughts – sounds simple and easy – wait till you try it!

How we look at the world is a habit – and a choice. The trouble with habits is that they are usually so ingrained and embedded that we don't even know we are doing it. So

firstly we have *to wake up to* our habits and patterns. Ask for some help! Ask people you can trust to give you the truth – from their hearts – about your patterns. Ask specifically about your usual state – are you pessimistic (a habitual bad finder) or optimistic – a good finder?

It's one of the key qualities that is habitual in successful people – both in the corporate world and at home. Being a good finder gives you the skills to transform any situation – ANY situation – into something positive.

Almost everything that happens in life can be seen from either side – there will always be a down side and an up side. CONSCIOUSLY choose the upside if you want to find joy. It's not so difficult – write notes to yourself “be a good finder” and stick them all over the place!

Be conscious of how you currently view events and people in your life. Find something good about each one of those things and focus only on that. You will always find things that are wrong and being a bad finder is easy! Being a good finder is MUCH more valuable, useful, encouraging to others and the fast track to success in life!

[Watch this video](#) to hear Amanda explain more about being a Good Finder.

[SECRET 5]

Wake Up to the Choices You Are Making



There is a story of two little boys running down the stairs on Christmas morning eager to see what Santa had brought. One had learned from his father to be a perennial pessimist. He ran downstairs and saw a pile of horse manure under the tree and walked away disgusted knowing there was nothing there.

The other, who modeled his mother's good finder habits, eagerly leapt into the manure digging through it. He excitedly said if there is manure here, there must be a horse and he was determined to find it!

ALTHOUGH IT'S AN old story, and maybe a little silly, it clearly demonstrates how we all make choices – every moment of every day.

But we rarely are conscious that we are making those choices. We once again have developed habits – of which we are unconscious. We must wake up to the choices we are making – in every minute.

Are you choosing to be a good finder? To see the joyful side of things? To control your negative emotions? To think only kind or positive thoughts? To learn more about yourself and do some growth and development? To forgive? To be compassionate or generous? To be kind, thoughtful and reverent to others? To give them the benefit of the doubt?

Or are you choosing to continue blaming others for your problems or issues or misery? To hold onto grudges

and unforgiveness? To treat others badly because you feel they should pay?

If you are in a relationship and you agree to do something your partner wants to but you are not too eager to do – you compromise – in what spirit do you do that?

The Mother who studied with Sri Arubindo said:

“Everything always depends on the way in which things are done. Not so much what one does but the spirit in which one does it.”

How true – what spirit do you do things in? Resentment, resignation, anger, or frustration? Compassion, caring, love, forgiveness or kindness?

These are choices we can make consciously – if we wake up to the fact that life is all about the choices we are making every minute of every day.

Are you a moody person? If it's not hormonally based then it's a choice – and even if it is hormonally based, you can choose to mitigate the impact of your behavior. Or choose to find someone who can help you regain hormonal balance.

Change is a choice. It might be difficult and frightening – but you can choose to be courageous and take a risk! What would happen if you behaved differently?

Would you choose to read a self empowerment book like *Joy is an Inside Job*? Or would you be forced to read it by your desperate partner?! Do you choose to grow and develop yourself as a person and explore your spiritual side or do you choose to wallow in misery, blame, regret, guilt or any other emotion blocking your joy.

From the minute we wake up in the morning till the second we close our eyes, life is a series of choices. Become conscious of yours and watch joy blossom in your life!



We make choices every minute of every day - choose wisely.

[STEP 6]

Become a Farc-er



When I speak at conferences I ask people to turn to the people on either side and say “I’m a FARCer!” This generally brings the house down!

Seriously, FARCing is a scientifically proven formula for change!

THE **F** STANDS for **focus**. If we want to change something we have to focus on the behaviors or habits we want to change. Most of us live lives of habits and patterns ruled unconsciously by fear and until we decide or choose to focus on what it is that we want to change about ourselves, we will never even notice them!

This decision is your IN-tention.

Next comes A- tention

Once you have focused on what it is you want to change, the next step is to become **aware (the A)** of the triggers for the behaviors. Or the fears driving them. Or any other aspect that you need to become conscious of. Without this awareness our AT-tention is not necessarily in the right place. Remember most of us live pretty much unconsciously day to day and minute to minute. Usually we react before we have even realized what is going on!

If you find yourself consistently reacting to someone or a situation in a particular way, stop and ask yourself the next time it happens “what is it IN ME that is causing me to react or feel this way?” Because it is ALWAYS something in you that is causing you to react – and you need to be aware and conscious of what that is! Most of us never even think of asking the question let alone actively seek the answers!

We then need to become aware of the new behaviors we would like to adopt. Which is where the **R** comes in! R is for **repetition**. We need to repeat the new behaviors for at least 2 months so the brain can rewire itself.

Neuroscience tells us that our brains are constantly changing and adapting and rewiring. In fact, change keeps us younger and smarter! If you just keep doing the same old thing in the same old way and place, there are billions of neurons in your brain being wasted.

Learn, grow, develop, challenge yourself to do new things, FARC a lot! Being silly and doing silly things also increases our creativity because it triggers the growth of dendrites. Dendrites are the little tendrils that connect one neuron to another. The more neurons that connect, the smarter and more creative you are.

Speaking of being silly and how good it is for us, the **C** in FARC stands for **celebration!** Apparently it is really important for our brains to celebrate changes – no matter how small they are. Celebrate preferably without alcohol! Any small celebration that acknowledges the change you just made is great.

We need that reinforcement, that encouragement, that little TA DA moment! In fact – why not make that your generic celebration? Each time you succeed in any small change effort, give your self a TA DA! Do it out loud of just jump wildly on the inside!

But DO IT! It's critical for your brains change process – that's why you need to be a FARC-er!



TA DA!!!!

[STEP 7]

Shine a Light on Why We Do Things We Do



A young woman was preparing a Christmas meal and was cutting off the end of the ham bone before putting it in the oven. Her daughter asked her why she did that. The mother answered “I don’t know really. It’s what Granny always did. Let’s ask Granny”.

So they went to Granny who said basically the same thing! She didn’t really know either. Later that day, Great Granny came to the house and they asked her.

“Oh”, she said, “my roasting pan was never large enough to fit the whole ham in so I always cut the leg off”!

I HAVE MENTIONED several times already that we are living lives of habits and patterns ruled unconsciously by fear – because it’s so important! So many of our behaviors are governed by the beliefs of others – and we don’t even know we have taken them on as our beliefs!

Were you ever afraid of the dark as a little child? I was! But as soon as the light went on, my fear evaporated and so did the boogey man who lived under my bed!

Pretend you have a giant flashlight and you are going to shine this enormously powerful light onto the fears that live inside you! That way you can really see them for what they are – false evidence appearing real!

It’s my belief that there are **three core fears** that lurk in the depths of almost everyone.

The first is that we are not good enough, not lovable or worth loving. This is the biggie for me and gazillions of others – if they knew it! How many times have you seen this pattern play out in others? We call it poor self esteem, no

confidence, poor self image, perfectionism, eating disorders, obesity, anxiety and depression, among many other labels.

Sometimes super ‘successful’ people deep inside don’t believe they are good enough and spend their entire lives proving to others they are good enough in their professional lives; only to prove that belief correct in personal relationships by proving they are NOT worth loving!

Dig deep. This is the major stumbling block to joy. Believing the lie that you are not worth loving or good enough for whatever ‘it’ is. Shine that powerful light and make sure that you can see the lie for what it is. You have a wonderful heart and you ARE a good person. If you can love yourself first, others will find it easy!

The second big fear is that we are unsafe in some way. If you are not in some obvious physically threatening environment and still feel unsafe, you may need to shine that powerful light about again. Where is your lack of trust or fear of abandonment or reason for feeling unsafe coming from? This was a huge journey for me and I had to FARC a lot before I uncovered a very painful and difficult experience I had buried. It was worth the journey as this underlying fear infected every aspect of my life.

You might need a BIG torch! LOL

The third massive fear is fear of death – which is really the fear of separation. It's my belief that we all are one – we are all connected, all the time. You cannot not influence others and the whole. YOU are a part of the whole and just like a drop in the ocean, it would be different if you were not in it!

We *perceive* that we separate from our spiritual source and nature when we are humans – and I believe it's our life purpose and journey to discover we are NOT separate! And to tune into that divine part of us and remain connected to it our whole lives.

Sadly for most people it takes some tragedy or crisis to trigger the spiritual search for meaning in our lives. Start now – don't wait for the crisis!

We are all spiritual beings and will feel joyless and unfulfilled until we connect our heads and hearts; our hearts to other hearts and our hearts to the heavens.

Our Three Core Fears

I am not good enough or I am not
worth loving

I am not safe

Death, Separation or Abandonment

**Always Remember You are Worth
Loving!**

[STEP 8]

Be Forgiving

CAN YOU FORGIVE ME?



“Unforgiveness is like drinking
poison yourself – and waiting for
the other person to die!”

Unknown

We have some friends whose whole family is torn apart because of a fight that ended up with people holding grudges and believing they had been ‘wrongly done by’ and that they did “nothing wrong” and had no need to apologize. When both sides behave this way, people die with this rift as the major regret in their lives.

Not to mention the difference, distress and disharmony it causes while they are alive!

STOP IT!

IT’S ONLY EGO that stops us looking at the bigger picture and acknowledging that no matter what happened, we had some part – no matter how small – to play in it. Because we truly ARE all connected, we are never totally blameless. We all have our part that we played.

Forgiveness is not for the other people – it’s for you!

If you are bitter, twisted, angry and resentful, it makes your heart shrivel up and go hard – and then it fills up your arteries with gunk!! Anger and hostility are the most dangerous risk factors in heart disease – truly.

As Buddha said, being angry is like picking a hot coal out of the fire and holding onto it! It’s not smart!

We need to forgive almost everyone we know, all the time! Especially if we are married to them! Children are great training ground for forgiveness. If only we could make forgiveness one of the habits we embed in our children!

The wonderful healing practice of Hawaii called ho'oponopono acknowledges the connection between all of us and teaches us to say – sincerely – with real authenticity – *“I am sorry. Please forgive me. I love you, thank you”* – no matter what has happened! It’s astonishing how powerful it is.

If you never think about forgiveness and the need for it – today is the day to change! Wake up to how important it is and how we need to forgive people in our past and people we encounter every day. Begin practicing on drivers who ‘are maniacs’!

A friend of mine years ago used to say to me – *“I don’t ever feel offended – because then I have nothing to forgive!”* How wise was that!

Are you an easily offended person? If so, you might like to think about your core fears and how worthy you are of loving! And work out why you are so easily offended! Time for that torch again to see what old fears you have laying about that make it easy for others to offend you!

And then STOP IT! Let things go – there are very few people who wake up in the morning and think “what can I do today to offend everyone I meet!”

Forgive and let go. Acknowledge your part in the scene that played out. Be loving rather than defensive.

Forgiveness is just another form of love.

Defensiveness is another form of fear.

Which will you choose?

[STEP 9]

Connect With Your Divine Self



IF WE WERE back in our spiritual forms looking down from the Divine realms, we could see the totality of every scene in our lives. We could see all the contracts and agreements we made; what we came to learn and the influence of the spiritual realms in every aspect of our earthly experience.

But sadly, we don't! We forget even that we have that spiritual connection and component. And we see things from our teeny weenie perspective.

We don't see reality as humans – *we perceive and judge!* Then we tell ourselves as story based on our perceptions, imaginations and judgments.

This story then becomes the truth of our lives. It influences and controls everything. It determines the outcome of all situations we find ourselves in.

What's the story you tell yourself

- about yourself
- about your abilities and skills
- about your lovability
- about your prospects
- about the future
- about your past
- about the present
- about your boss, colleagues, job and life?

All of these are critical. BUT they are just FAIRY stories.

The truth is that you are an amazing spiritual being – an “astonishing being of light” as Hafiz says in his poetry.

And every one of us has a really important part to play on earth.

Just like a moth attracted to a bright light – we are attracted to the blinding light because that is who we really are –we just don't see it! We want to connect to our source and *be* that astonishing light on earth so we can shine our light on others – and lift them up.

The sooner we connect to our Divinity – whatever you want to call it – God, Source, Divine, Allah, Buddha – the sooner we will find joy. While our souls feel separated and disconnected we can never find deep joy.

Spend time to explore that spiritual part of you – don't wait till you have a near death experience or other form of crisis!

Begin now – the sooner you realize your spiritual nature and mission, the sooner your joy will overflow!

[STEP 10]

Serve Others



When I wrote *Joy is an Inside Job* I was blessed with the help of a 'writing committee'! My Mum, who had passed the year before, came to me one night (it's true for me and remember you are not being judgmental any more!) and told me she would help me write the book.

She said I had to meditate each morning and the committee would ‘download’ information into me! Well I must say this had never happened to me before but I was prepared to give it a go because I just KNEW it was real!

So I meditated and each day I would go and write 30 pages or more with no preparation or thinking about it! She told me that the two fundamental components to joy were:

To connect to God or the divine part in you

To serve others

FORTUNATELY FOR ME as a physiotherapist, I had always loved helping others and have tried to do that my whole working life – and home life! Indeed, I have been guilty of helping others – even when they did not ask or want it! Quite often! LOL

People who volunteer are known to be generally more content than those who don't. What a wonderful gift for your children to take them each year to a soup kitchen at Christmas so they can experience the true joy of giving. Have you ever seen the faces on people who work with Habitat for Humanity as they work?

Every day, you can serve others in large or small ways. Pay the toll for someone behind you; help a colleague who is under pressure; send love to someone who is struggling; be kind; ask if you can help; notice if people are not happy and pay attention to them; encourage others; be an enthusiastic positive role model; find good; forgive – everything you have read in this eBook is a form of service.

Your life will change if you change your focus from getting what you can for yourself and having your own needs met, to serving and helping others in some way.

The more you go for what you want and fret about what you are not getting and what you lack and what others have, the more miserable you will be.

Life is not about you and your needs! Or about having more stuff or bigger TVs or more shoes or a better job or more money or clothes or friends or a bigger house or car!

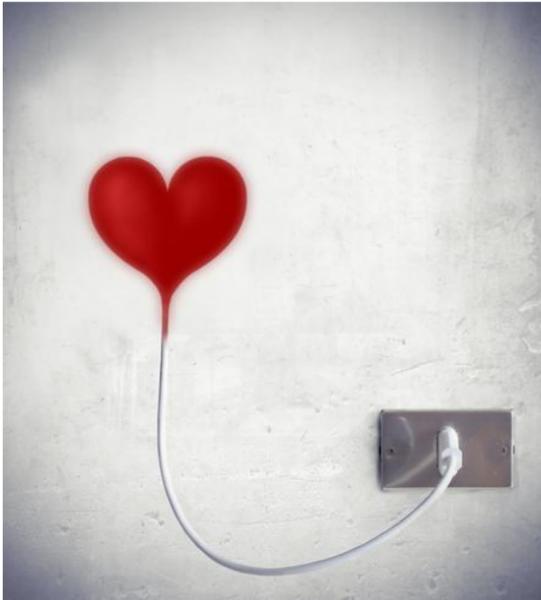
It's about *finding out who you really are* – connecting to that Divine part of you; realizing that you truly are worth loving, safe and connected, and then focusing on serving others.

Loving – TRULY loving others is the highest form of service.

So we started with loving yourself because that allows you to freely serve others by giving them love. To be a conduit from the BIG Divine – the big I AM - to everyone you meet through your own divinity.

These are the steps to true JOY.

JOY is all about LOVE.



Plug into the flow of love in your life

Useful Links

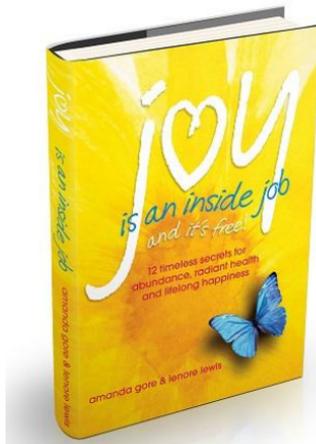
[The Institute of Heart Math](#)

[ho'oponopono](#)

[The Joy Project](#)

[amandagore.com](#)

If you like this book, you will LOVE my latest book *Joy is an Inside Job*.



Find it at

[The Joy Project](#) or [amandagore.com](#)

ABOUT AMANDA GORE



Amanda Gore is the CEO of [The Joy Project](#) and one of Australia's and America's most popular 'experience creating' speakers.

She blends the principles of ancient wisdom with new research in modern science to wake people up to what really matters - in life and at work.

Involving the audience in an entertaining way that gets them all connected, she shares strategies, techniques and skills that allow people to adapt to change, transform their attitudes, eradicate fear, and improve relationships, communication, leadership, sales and customer service.

The most important thing in life is how you feel about yourself - because that affects every other aspect of your life - especially your performance.

The ability to make others feel good about themselves is rarely taught, yet critical for success in any field.

People are 80% emotional and 20% rational - *they will never forget how you made them feel!*

We underestimate the importance of this in business!

Amanda teaches people how to operate at that feeling (not emotional) level - and to achieve great results.

Her latest venture is [The Joy Project](#). It's mission is to create a global joy movement focused on helping children and adults rediscover their joy, using the principles in her book *Joy is an Inside Job*

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