

“The Joy is in The Journey”

By John Derrick



A snow storm blew into my small town on Saturday Dec 11th. My wife and I had planned to take the kids to the movies that day. Instead, we stayed warm inside the house watching it snow through our big bay windows in our front room.

I know I referred to it as a “snow storm”, but it didn’t feel like stormy weather at all. Countless trillions of the largest snowflakes I had ever seen gently fell just outside our windows. The four of us sat on our couch and watched the snow as we drank hot drinks; cocoa for the kids and herbal tea for the adults.

Even though the kids were disappointed about not going to the movies, they still enjoyed our family time together at home. We

played games and watched our favorite shows together. We even had a chance to play [the free game](#) that I was able to give away to readers of my newsletter this year for Christmas. Declan, my eight year old, is very good at solving the puzzles while Logan is good at finding the hidden things.

The next day we had about eleven inches of snow. It was unheard of around here.

It was a bit warmer this Sunday, and it had rained a bit, which made the snow much heavier to shovel.

I shoveled my walkway which leads down to my driveway. I began shoveling our driveway when I noticed the absolutely HUGE mound of snow the plow had left at the end of my drive. The pile was about six feet wide and about three and a half feet high.

Our driveway is wide enough for three cars across so it is a great workout shoveling that snow. Each year I debate over buying a snow blower, but I know it can be hard to find time to exercise in the winter, so why not let Mother Nature force me to get some healthy exercise each snowy morning.

Looking at this ugly mess the snow plow had left for me I wasn't sure if a snow blower would even know where to begin. Lucky for me,



a guy who lives up the street from me was kind enough to drive up just then on his tractor. He owns a concrete business and bought the tractor for his business and this was the first year he had the chance to play with it in the snow.

Up the street comes Ronnie with a big smile on his face as he swoops in for the rescue. Without me even saying a word he starts removing snow from this heaping pile of snow. He flips a knob which quiets the tractor down so we can speak, and he remarks about how he has never seen so much snow in one night. I agree with him and thank him for the help and he nods, flips the switch again and the tractor roars to life once more.

I don't see Ronnie as much as I would like to during the summer because we are both busy, but the snow brings us all outside at the same time.

Up and down my street I can see all my neighbors shoveling their driveways. My neighbor Patrick is even out on his roof removing that snow.



That's when it first hit me.

Talking to my neighbors Joe and Patrick, who called out from his rooftop, and Pam pulling up in her van to tell me about her stories it made me realize that winter brings all of us closer together. Even though it is cold and we usually stay indoors more often, it makes people pull together.

After helping me out and turning down my offer to pay him for his time, Ronnie went on down the road to help Pam with her driveway. Larry who lives further up the street has recently become disabled, so many of the neighbors pitched in to remove the snow from his driveway too.

It felt great to be out helping others and catching up on local gossip and stories. It only took a couple of hours to have the street cleared. Maybe it is because I live in a small town, or perhaps it is the Law of Attraction working in my life... either way, it was a great day.

When I went outside, I didn't go out for any other reason than to shovel snow. Not exactly the most fun task, but the joy came in the journey.

Once the snow was removed, and I turned to go inside, I realized that I felt a bit of a letdown. A small disappointment that the "job" was complete.

Buried Treasure?

While I was shoveling snow, I came across something in the snow... a buried treasure.

Well, it resembled buried treasure in so far as I had no idea what I had found. I could only see part of it, so I all knew was that it was black. As I brushed away more and more snow my mind wandered at what it could be. Was it a bike helmet left outside by one my children? Nope... too big. What could it be I wondered?

Eventually I uncovered enough snow to see that it was the snow shovel that I had left at the end of my driveway. It has somehow become buried in all the snow. Once I knew what it was, I felt a slight let down. There is nothing exciting about seeing your own snow shovel.

When I was on the journey of discovering what the object was, it was exciting, but once I found out that it was just my snow shovel, the excitement quickly faded.

The same can be said with shoveling the driveway. I went outside merely to shovel the snow, and what I found was during the "job" I had a good time running into many people, but when the job was completed, and I got to go back inside there was a slight let down.

This got me to thinking about Christmas. No matter how great your presents are, most of your excitement occurs before you open your presents. This can be seen as the journey to owning your gifts.



Even if you wanted a certain present, like an Ipad for example, the excitement is in the wondering of whether or not you got the gift you wanted. The excitement builds, and on the day you finally open the present, you may be happy and excited to find that you got the gift you really wanted, but there is also a letdown now that you have reached the conclusion.



Ever read a great book that you are enjoying and when you get to the end of the book you are a little letdown that the book is over?

You feel a bit sad even though your goal was to finish reading the book the moment that you picked it up and began reading.

You see, the joy is in the journey. If you want to lose weight, the goal is a newer skinner you, but the joy comes WHILE you are accomplishing your goal. Once you reach the goal, you will be happy to be in a thinner and healthier body, but there will be a letdown as well, because the JOY is in the journey.

The same can be said with Success. No matter how you determine your own success (no one can define your success for you), each day you are working towards your goal, and once you accomplish your goal, whatever it is, there will be a slight letdown.

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So PLEASE be sure to ENJOY the journey. If you want to be rich, and you do not have the money right now, do not beat yourself up about it. Instead, enjoy the process of going from broke to rich. Enjoy each day of your life.

Many people that I work with are waiting to be happy until they reach their goal(s). They do not realize that the JOY IS IN THE JOURNEY.

You do not need to wait until your goal is met to accept yourself. Nothing is holding you back except yourself. You do not need to be thin in order to do the things you want to do. You do not have to find love before you can love yourself. You do not have to be rich to be happy.



In fact, it might surprise you that I work with a LOT of people who make over \$100,000 a year who are unhappy.

The main reason is that they put off being happy until after they reached their financial goals. For some, making \$250,000 a year is the goal, and once they make it they realize that they have damaged their friendships and families along the way, mostly due to neglect, because for some reason they did not give themselves permission to enjoy their lives until the goal was reached.

When I first began working at home I found it challenging to balance time in the office and time spent with my children. I could have chosen to neglect my relationship with my two small boys, but instead I realized that no amount of money or success is worth more to me than them. So I spend a LOT of time with my kids, playing with them, listening to their stories, teaching them the lessons that I have stumbled on in life and having fun.



Nothing in this world has the power to make you happy. Happiness comes from within, and like all other skills it is something that comes easier with time.

The more often you stop and smell the roses the more roses you will find to stop and smell.

If you want to be happy 10 years from now, then start right now and realize all that you have to be happy about. Life is an amazing thing.

If you need some help realizing how many things you have to be thankful for, be sure to check out my article

[CLICK HERE TO READ](#) – where I reveal to you that you live a richer life than the richest kings in the kingdoms of our past. King Solomon himself would be envious of your luxury.



It might be hard to believe that you live a richer life than King Solomon, but odds are very good that you do.

You will probably always be on a journey of some kind or another all of your life, the trick is to make sure that you are LIVING a life along the way.



Take some time to feel JOYOUS and connect with others. Lying on the death bed, no one wishes that they had one more day to spend at their office or job, but many a person has wished for one more day to spend with those that he or she loved.

Christmas, or Xmas, or Winter Solstice... whatever you call the celebration and however you chose to celebrate, it seems that this holiday serves to give you that little push to spend more time with your loved ones. To exchange gifts. To share stories. To love and be loved.



It is my sincerest wish that you take the time to claim the JOY that is rightfully yours and sits waiting for you to claim it.



Don't wait until tomorrow to be happy. Enjoy each day of your life, because the joy is in the journey.

Wishing you a joyous and prosperous Holiday Season,

A handwritten signature in black ink that reads "John Derrick". The signature is stylized with a long horizontal stroke at the end.

John Derrick

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