

# 10

STEPS TO ENJOY  
THE PROCESS OF  
WHATEVER YOU  
DO



# Introduction

Life is the process of living. It consists of a series of smaller processes of doing. These range in size and duration to literally include everything that we do. Going through college, getting married, managing our careers and homes, improving our minds, caring for our health and daily tasks are all examples of processes of doing.

While we enjoy many of our daily tasks and activities, let's face it, some of the things we need to do are boring or downright frustrating. Housework, homework, and office paperwork typically head the list. Each of us has a list of 'pet peeve' tasks that we'd love to see erased from our lives.

Even if you love your job, being a stay-at-home parent, or whatever it is you do, the more mundane aspects of these processes put a damper on your enthusiasm and motivation. Here's the great news: you don't have to grit your teeth and plod through these mundane processes of life. You can find enjoyment in them if you by developing the right mindset.

## ***Why should we enjoy what we do?***

You might be thinking at this point that life isn't meant to be a bed of roses. There are times when we just must do things we don't like or want to do. This is true to an extent but the better option is to think that life isn't always fun and games. Ultimately, there's a positive side to even the most negative things.

Why should we think in this way? Learning to enjoy anything you do creates an ongoing loop of positivity and enthusiasm in your mind. That loop is broken when we move from something exciting and stimulating to something that we dislike doing. When you learn to enjoy everything that you do, the loop of positivity remains unbroken, fostering emotional wellbeing. Other powerful benefits include:

- It helps avoid procrastination.
- It helps you unleash your creativity.
- It enables you to be more efficient and productive.
- It saves time.
- It keeps stress levels down by eliminating frustration and resentment.

## ***Why this book?***

This book isn't claiming to change your life by helping you learn to enjoy whatever you do. It can certainly make your life more positive, enjoyable, and fulfilling. It's a short, fun read that can give you a lot of insights into your thoughts and emotions and how you can tap into these to find joy and beauty in things you never noticed or considered before.

It's a simple exercise in fostering emotional health and improving many areas of your life. Most importantly, you'll never approach mundane or hated tasks the same way again!

## ***10 Powerful Steps to Help you Enjoy Whatever you do***

These 10 steps will help you get through boring days and dreaded tasks more smoothly and with less stress. They're also powerful ways to develop emotional resilience, as well as consistent positivity and optimism.

# 1. Do it First or Plan it First

We have a natural inclination to put off dreaded or boring tasks until there's just no avoiding them. These types of tasks include the mundane and boring or the complex and confusing.

## **Mundane tasks**

Getting these done and out of the way first thing can keep you more motivated. If you tend to endlessly procrastinate and delay certain activities because they're so hateful, this step could turn your day completely around.

As a matter of fact - and this is very counterintuitive - scheduling these types of tasks even before priority tasks can help you focus better and tackle them more efficiently.

A good illustration of this is spinach. A typical kid's response to spinach is a resounding 'yecch!' Remember when your mom put that serving of spinach on your plate, saying you couldn't leave the table until you'd eaten it? We all have similar memories.

What did most of us typically do? We ate everything else on the plate, leaving that ugly gob of spinach for last. We finally choked it down, ending the meal with a horrible aftertaste in our mouths.

On the other hand, smart kids did it differently. They'd quickly eat their spinach first before tucking in and enjoying the rest of their meal, having gotten through the 'dreaded task'. The very same approach applied to hated and mundane tasks.

Over time, eating spinach may not become wildly enjoyable but it will be done because it's a prelude to the rest of an enjoyable meal.

In the same way, you'll approach dreaded tasks like routine paperwork or cleaning the bathroom with more alacrity because you can look forward to the day ahead without them nagging at the back of your mind.

### ***Difficult tasks***

Along the same lines, some tasks are dreaded because they're complicated or confusing. The key here isn't necessarily to do them first but to plan for them first. With a little bit of organization, these tasks can become stimulating and highly enjoyable. The key is to eliminate the elements of complexity and confusion.



Reflect on why you find a task confusing or complex. Next, identify several things that would make it easier and how you could put them into action. For example, enlisting other people's help or expertise, online resources, a longer deadline, and so on.

Break down the task into smaller steps or milestones that will help you measure and assess progress. A simple example is a thorough decluttering of your home. Where do you start? It seems like it's going to take forever and the house will be a mess for days.

First, identify the tools you need (bags and boxes for storage or trash, an empty storage space, labels to place on boxes to itemize the contents). Your next step might be to take it room by room, completely decluttering one room before moving on to the next.

When you approach the tasks in this way, confusion and overwhelm disappear. Being so well organized, you'll enjoy the process of reorganizing and streamlining your home.

***The bottom line:*** 'First' is the buzzword here. Try completing dreaded tasks first and planning for complex tasks first. This strategy can help you breeze through these tasks and even find them enjoyable.

## 2. Do it Differently

Mundane tasks become tedious and boring because they're done the same way repeatedly – or so you think. The fact is that with a little ingenuity, you can do these tasks differently to spark some enthusiasm and interest. You're probably thinking, "How can form be filled out differently, washing dishes spark my interest if done differently, or mowing the lawn become an interesting activity?" You'd be surprised! Consider the following.

- **Notice what you're doing**

Focus on little the details you typically don't consider. For example, if you're filling in forms, notice interesting or strange names rather than typing them in mindlessly. When washing dishes, use your senses to immerse yourself in the smell of the dishwashing liquid, the sound of running water, and the feel of it over your hands. A boring transcription task can become interesting if you focus on what's being said, the intonations of the voices, etc.

This may sound silly to you but mindfulness is a practice that's been proven to have many benefits because, in essence, it's a form of meditation. It grounds you in the present and keeps you focused on details in the here and now. It lowers stress levels as



well because we often feel frustrated and have negative thoughts when doing something we hate.

In a nutshell, whatever it is you're doing, mindfulness can make you aware of interesting and even enjoyable aspects of the task.

- **Use technology**

Some people do certain things in the same traditional way because that's just the way they've always been done. But guess what? Whatever it is you're doing, there's probably an app or software out there that will help you do it better and can be an enjoyable change for you.

- **Teach someone else**

A boring task can become fun if you teach someone else how to do it. This could be your child, friend, or coworker.

For example, not everyone's super-savvy when it comes to Excel spreadsheets. If you are and you have some data to enter, teach someone how it's done and allow them to watch you do it. This little tip can really perk up a task that you've always hated.

- **Change the order**

This may not always be possible but changing the order of steps can be a nice change that keeps you more engaged. For example,

starting with the last step and working backward will hone your focus and make what you're doing less dreary.

The same can be applied to your daily routine if it's become humdrum and boring. Mix up your routine, do things at different times and even change your route to work or to the store to enjoy some new scenery.

- **Make it a time challenge**

Sometimes, we're so good at certain tasks that we can do them with our eyes closed - as well as our minds and that's what makes them so disliked. They no longer stimulate us mentally.

In this case, a stopwatch can turn a yawn-inducing chore into a challenging race. Simply set the timer and try to get the task done before it goes off. The catch is that you must be so good at the task that you can do it with the same efficiency and outcome rather than cut corners and make do with mediocrity.

- **Find out more about it.**

Cleaning tips, bookkeeping tips, grocery shopping tips... whatever it is, there's someone out there who has a tip or two to make whatever you're doing more efficient and possibly more enjoyable. There are so many innovative and fun ideas out there for even the most unenjoyable tasks. YouTube is teeming with

these types of videos, and a quick Google search will provide you with dozens of tips and tricks that never crossed your mind.

***The bottom line:*** If you think some tasks must be done the same way day in, day out, think again! Doing things differently is possible for almost anything can keep you stimulated and engaged.

### 3. Recognize the Value

Anything we do, no matter how trivial or mundane, has a certain value either for us or for someone else. A task or activity could be part of a chain that can have an impact on a larger scale of an organization or work team. Therefore, plodding through it half-heartedly or carelessly can affect something or someone in the chain.

Recognizing the value of what you're doing can eliminate the element of tediousness and boredom. You know that what you're doing, no matter how seemingly insignificant can boost your interest and enjoyment.

To identify the value of a task or activity, ask yourself the following questions:

- Who's going to see/ use/ add onto this after I'm through with it?
- What specific value will this bring to me?
- What specific value will it bring to others?
- How can an error or poor work affect me or others?
- How can I increase the value of what I'm doing for myself or others?

***The bottom line:*** No task, however small or mundane, is without value, otherwise, you wouldn't be doing it in the first place. Even when its value may not reflect directly on you, it could impact others. Bearing this in mind suddenly makes a task more interesting as you reflect on its potential value.

## **4. Don't Make Praise/ Approval Your Goal**

Many of the things we do can become stressful and unenjoyable because our end goal is to gain approval or praise. We strive too hard for praise from our supervisors, approval from parents, and acceptance from peers and coworkers because it validates our competency. Approval and praise are great motivators and make us feel great but trying too hard to get them can do more harm than good.

Firstly, it puts too much pressure on you and whatever you're doing becomes stressful rather than enjoyable. Rather than doing it your way, you think ahead and anticipate how others will evaluate and comment on your work.

Moreover, if you don't get the praise and approval you strove for, you feel frustrated and demotivated and this can create negative associations with a task or activity. When you do the same task again, you remember how you were 'unappreciated' and what you're doing becomes mixed with resentment and self-pity.

If you're obsessing too much about gaining approval, change your mindset with the following steps:

- Don't compare yourself to others but have confidence in your unique skills and capabilities.
- Avoid meaningless competition and do things your way and at your own pace.
- Do things responsibly and with diligence and know that you've done your best. You don't need validation from anyone else.
- Reflect on your accomplishments and achievements regardless of whether you were praised for them or not.
- Moderate your use of social media, which can often be a negative source of peer pressure.

***The bottom line:*** Overcome the desire to gain praise and approval by practicing the tips presented here regularly. Over time, your thought process will change. Once that pressure is lifted, you'll notice how what you do becomes immensely more stimulating and enjoyable. Ironically, when the pressure is off, you may achieve better results that allow you to stand out and shine.



## 5. Practice Gratitude

We live in an age where dissatisfaction overshadows all that we do. We're under nonstop pressure to compete, get ahead, be the best, buy bigger and better, and earn more money. This has created a modern-day culture of always wanting more. The result is that many people focus with disgruntlement on what they lack but rarely with gratitude for what they already have.

How does that affect what we do? It adds stress and pressure to our lives. Rather than enjoy the journey of life and what we do in it, we struggle to find fulfillment.

A wealth of studies has shown that practicing gratitude can transform your life by fostering several positive qualities, including peace of mind and positivity.

### **How gratitude makes any process enjoyable**

- Gratitude is a big stressbuster. You're able to go about your day with calm and clarity and find enjoyment in everything around you and tackle what you need to do with more pleasure.
- Gratitude fosters positivity and optimism. Being able to find something positive in even the dreariest task is a big plus.

- Gratitude breeds empathy and tolerance, which improves relationships and makes it easier to get along with others. It also makes it much easier to work and interact with even the most negative types of people.
- Gratitude helps you stay calm in difficult situations and crises. Even if you're temporarily derailed, you're able to address problems proactively and quickly get back on track.
- Gratitude fosters emotional resilience, which helps you bounce back more quickly from setbacks and minimizes negative associations with certain tasks and activities.

***The bottom line:*** All these life-changing qualities can become yours by simply counting your blessings every day. Make it a rule to pause several times throughout your day and notice several things you appreciate; your health, your eyesight, a warm sunny day, supportive coworkers, and even your PC, which makes your work so much easier. Wherever you are or whatever you're doing, there'll always be something to notice and give thanks for.

Your gratitude will return to you tenfold by uplifting your mood, upping your positivity, and keeping you fired up and passionate. You'll become content with your life as it is because you have so much already - anything more will be a wonderful bonus! This is the best approach to finding fulfillment and pleasure in life.

## 6. Hone a Skill or Learn a New One

Sometimes, the lack of a simple skill can be all that stands in the way of enjoying something you're doing. Problem-solving skills, analytical skills, manual skills, and communication skills are just some of the essential skills you use every day regardless of what you do in life. But skills can become outdated or no longer relevant for certain activities.

If you're getting less enjoyment out of something, you should consider whether you need to hone a specific skill or learn a completely new one.

### **Signs that you need to up your skill**

- Certain tasks take longer than they should.
- You make mistakes and must start over or redo parts of the work.
- You receive negative feedback about the outcome from others.
- You have a sense of dissatisfaction with your performance but can't put your finger on it.
- You struggle with certain parts of a task or activity even when it's something you do regularly.

- A certain task or activity becomes so dreaded that you can't bear to do it.

If you recognize some of these signs in yourself, it's time to do an overall assessment of your skills and start honing up!

### ***How to hone your skills to boost efficiency and enjoyment***

- **Identify the issue**

Reflect on what you're struggling with the most and what specific skill that aspect relates to. Once you've identified the problem area, hone or learn a skill with online tutorials or courses, or enlist the help of someone experienced at it. Next, practice, practice, practice!

- **Never stop growing**

When you understand that lifelong learning is essential for success and self-fulfillment, you'll never rest on your laurels. Learn new things consistently and immerse yourself in new hobbies and interests. Stay up to date with the latest in technology and skills related to your job or career. Anything you learn is never a waste but a wonderful addition to your growth and self-enrichment.

- **Give your creative faculties a regular workout**

Think of creativity as a muscle that needs to be exercised regularly. A sharp creative faculty will help you think out of the box, step out of your comfort zone, and find innovative ways to increase the enjoyment of any process you engage in.

- **Stay up to date**

Keep your skills current by regularly checking out the latest development in your professional field or other fields of interest. Don't wait until you need to do something and then realize your skills are outdated – keep them updated and super-sharp.

***The bottom line:*** Lifelong learning and self-improvement foster self-worth and self-confidence above all else. A current skillset is a vital part of that process. Not only can they make anything you do more efficient and enjoyable, but they also eliminate the natural fear of change and risk. Sharply honed, up-to-date skills will make you keen to tackle new challenges and seize new opportunities because you know you're more than up to them!

## 7. Don't Strive for Perfection

This is a guaranteed enjoyment-killer. In fact, expecting perfection from yourself or from others can make your life miserable. Everything you do will become a challenge – but in the worst possible way, meaning, a stressful, frustrating, hair-pulling challenge. No matter how hard you try, you're never satisfied and always think you can do better. Expecting perfection from the people around you can also put a big strain on your relationships.

But why shouldn't we seek perfection and strive to be the best at what we do? It's because perfection is unattainable. However, being your best is totally in your grasp. There's a fundamental difference between the two. People who strive for their best are at peace with themselves and with the world. Perfectionists are always striving to achieve better than their best.

Before we go any further, pause for a moment and take the following 'perfectionist test' to see if you fall into that category.

## ***The perfectionist test***

If you're focusing too much on perfection and much less on enjoying the process of what you do, you'll display some or all the following signs:

- You're never satisfied with the outcome and revise your work over and over, nitpicking for flaws and making endless changes and tweaks.
- You ponder for ages before deciding. The bigger the decision, the longer you take, often overloading yourself with too much information. You then analyze the information, usually feel it's not enough and load yourself with more details before you can make the 'perfect' decision.
- Problem-solving is a long frustrating process of mulling over all the possible solutions and the most perfect one to go with.
- You often react strongly to sudden crises or problems.
- You don't delegate because you don't feel anyone can do it as well as you can.
- You often feel mentally fatigued and overwhelmed
- Important projects become a nightmare because you overstress yourself to get everything just right.

If this sounds like you, it's no wonder your life journey and what you do are often frustrating and unfulfilling. You're spreading yourself too thin striving for perfection.



## ***How to overcome your perfectionist tendencies***

- **Lower your standards**

This one's a challenge but when you think and practice it consistently, it will replace your need to achieve perfection. Lowering your standards doesn't mean you cut corners or do things carelessly. It means you do everything diligently to the best of your ability – and move on.

Let your new rule be "My best is perfect" and repeat it to yourself when you've accomplished something. Gradually, you'll become perfectly satisfied with your best and; earn to take pride in it.

- **Understand the value of time**

Reflect on how much time you're wasting mulling things over and looking for flaws. Sometimes, the value of wasted time is more important than what you're doing and can impact other tasks and commitments. If you add up the time wasted in seeking perfection, you'll be amazed that it can eat up a large portion of your day.

- **See the bigger picture**

Our lives are a journey consisting of processes within processes that steadily lead us towards our big goals and life purpose.

When you look at the bigger picture, you'll gain some important insights.

While everything we do is a catalyst that propels us forward, some things are insignificant in the bigger scheme of things. They rarely need to be done perfectly. You just get them done and move on.

When you do something, ask yourself, "How significant will this be for me in 1, 5, 10 years?" An example, spending hours rewording a report or essay when what you've written is perfectly fine. Other than stressing you out, it's not going to mean anything to you in a year.

- **Set firm deadlines**

Set firm deadlines for yourself and force yourself to stick to them. When the deadline's up, that's it. No more revisions or do-overs. The task is done.

- **Don't ruminate**

A big stress factor for perfectionists is that they continue to ruminate on finished tasks, thinking they could have done them better. They blame themselves for not having done one last review or made more tweaks, sometimes becoming very agitated.

Stop ruminating by catching yourself doing it - and immediately distract yourself. Get up and do something different and don't allow your negative thoughts to run away with you. Over time, this habit will gradually be overcome.

***The bottom line:*** Too much of anything can lead to chaos. Constantly seeking perfection is no different. It'll sap your life of pleasure and enjoyment when really, perfection isn't the point at all! The goal of your journey is to experience life to its fullest, tackle its ups and downs with resilience and positivity and know that your best is more than good enough.

## 8. Generate Positive Self-talk

Most of us don't notice our self-talk when we're in the process of doing something. It's the inner commentary that takes place in our heads, which can be positive and encouraging or negative and deflating. The bad news is that self-talk often tends to be negative.

Your inner critic usually tells you things like:

"I really suck at this!"

"I'll never get it done on time."

"I can't believe I did it again! Why am I such an idiot?"

"Why can't I ever get things right the first time?"

You get the idea. You've probably experienced these thoughts yourself. What do they do for motivation and enjoyment? No answer is required!

You can change your self-talk from negative to positive by training your mind to think differently. Simply practice the following:

- **Don't compare yourself to others**

There'll always be those who are better than you at certain things but there are also things you outshine others in. Your negative

self-talk typically runs along the lines of comparison to others which makes you feel inferior.

Making these comparisons is futile and only serves to eat away at your self-confidence and breed toxic emotions like envy and resentment.

When you find yourself beginning to compare yourself to others, immediately dismiss the thought. Bring your focus to whatever you're doing and just repeat to yourself, "I'm as capable as I need to be."

- **Talk yourself through it**

Create your own positive commentary by talking yourself through what you're doing. As you go through each step of a task or activity, tell yourself how well it's going, how competent and efficient you are, and how the outcome will be great. This may sound trivial but it helps wire your brain to make this thought process a habit.

- **Repeat affirmations**

You can find dozens of examples of positive self-talk affirmations online. Pick several that resonate with you and use them to wire your brain as you talk yourself through a task or just repeat them throughout your day.

***The bottom line:*** Negative self-talk is stealthy, which is why we often don't notice it. That inner critic can severely sap your motivation and enjoyment. The simplest way to fight back is to generate positive self-talk to let your brain know who's in control.

Amazingly, your brain will get the message. It'll start feeding you motivation and positive self-talk naturally. You'll notice a striking difference in the way you approach things when your self-talk is upbeat and positive. Because you feel good about yourself and confident in your capabilities, anything you do becomes interesting, stimulating, and pleasurable.

## 9. Celebrate Your Achievements

We've all made some spectacular choices and enjoyed brilliant achievements and successes and this includes you. You can be sure that the future holds many more. So, while you shouldn't let your achievements turn your head, you should never belittle them.

Make it a habit to celebrate your successes and the important milestones in your life. Reflect on how they've impacted your life and have been a source of pride to you and the important people in your life.

A good idea is to keep an achievement journal where you record successes that have brought you value and joy. In addition, reflect on your unique skills and talents that have allowed you to make those achievements.

Finally, reward yourself because you deserve it! Take time off and travel, enjoy special get-togethers with family or friends or sign up for a class you've been wanting to take. These little rewards will bring you pride and joy, making your journey uplifting and fulfilling because ultimately, you're fulfilling your greatness.



## 10. Remember the Importance of the Journey over the Destination

Ultimately, life is a journey with your dream or life goal as the destination. This is your 'why' or your purpose in life. However, achieving your dream loses much of its meaning without a store of memories and experiences, good and bad, to crown the culmination of your success. Therefore, the process of working towards your destination is sometimes more important than the end goal itself! Here's how to practice the concept of 'journey over destination'.

- **Keep your purpose strong**

The secret to finding your greatness is to keep your purpose strong but also to enjoy every step that brings you closer to achieving it.

- **Take care of yourself**

Great physical and mental health will not only help you enjoy the journey and savor every success, but it also allows you to be more resilient in the face of setbacks and adversity.

- **Learn from negative experiences**

Rather than let negative experiences crush you and make you bitter, see them as important life lessons that serve to make you stronger. Take what you need from them and move on.

- **Surround yourself with the people who bring your life meaning**

Great relationships will enrich your life and keep you fired up and passionate. The people you care about are a vital source of support and encouragement so always make sure you foster these relationships and keep them healthy and strong.

- **Don't ruminate about the past**

Dwelling on the past usually involves negative experiences. Running these scenarios over and over in your head is not going to make you go back in time and change them. Release the past forgive if you need to and realize that these experiences are part of who you are today.

- **Don't worry about the future**

The future is out of your control. Naturally, you should plan for it but that's as much as you can do. Don't worry too much about the future and hold yourself back from enjoying the here and now. Stay present, enjoy the journey, and trust in your ability to take the future in your stride.

***The bottom line:*** When you put your journey before your destination, it doesn't mean your purpose or end goal isn't important. Your final goal isn't the end of your life. When you finally reach it and realize that you've become bitter, cynical, and jaded along the way, it won't feel as rewarding. When you never stopped to smell the roses, reaching your destination may bring you more regret than joy. Enjoying the journey and allowing it to enrich your life will make success that much sweeter.

## Final Thoughts

Life is a journey filled with good times, bad times, challenges, and successes but it's more than being just a journey. Above all, life is an adventure and adventures are meant to be fun and exciting. When you perceive your life as a thrilling adventure rather than a tedious uphill climb, your whole perception changes. You learn to see the positives around you, your heart overflows with gratitude and love and you experience wonderful inner peace.

The 10 steps presented here will help you develop the mindset of "journey over destination" and will help you enjoy the process of

all that you do at every stage in your life. Practice the 10 steps as often as you can and allow them to gradually transform you from the inside out.

Enjoy your journey to greatness!

***Chris and Susan***



Would you like to join us on our journey to better financial, mental and physical wellness?

Take a look at what we're doing [here](#)