

Day 2

Today: Joyful effort

The most important thing when you write your emails is by far the joy you put in them. It is said, *joyful effort brings eminence*. Long term this will make *the* difference between people feeling that they can trust you with their money or not.

It's important to summon the joy whenever you need to write an email – or do anything really, but we're focusing on email today. If you're having a bad day, don't write that day. Or, if you can, breathe through it and summon the joy. When there's joy in your heart, then start writing.



So pick another bit of wisdom from your experience, another valuable tip and deliver it to your list today – after summoning the joy.

Quick example

Subject: Joy

Message:

Happy Friday! Looking forward to a nice weekend, at least here in Bucharest it will be sunny so it will be a pleasure to play with the kids in the park. I really like the energy I get after spending a few hours outside.

But that's not what I wanted to talk to you about today. Today I wanted to tell you my secret for summoning up the joy when I feel down. It's a very simple thing and it works like a charm. Here's how it goes.

First, if you're very angry, wait it out. Breathe through the anger.

Then when you're only moderately angry ☺ or just in a bad mood or not feeling like it, grab a pen and a piece of paper and start counting your blessings. Start a numbered list and write down the things you're grateful for in your life. Do not stop until you feel the joy.

*Stay joyful!
[your-name]*



GRATITUDE LIST

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