

Jill Baughan



Find Joy
No Matter What

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Jill's Story

Jill Baughan is an author and speaker who helps people find joy, no matter what else is happening—good, bad or ugly—in life. Born in Bluffton, Indiana, she learned as a child, while riding the Tilt-A-Whirl at the annual Bluffton Street Fair, that it is indeed possible for a human being to laugh and throw up at the same time. This lesson followed her into adulthood (on a deeper level, or course) when she discovered that joy and sorrow can travel side-by-side in the same life. We just have to be intentional about drawing from the joy while we're going through the tough stuff.

Jill is no stranger to painful experiences, such as the sudden death of her father when she was ten, and a long battle with infertility as an adult. Her first book, *A Hope Deferred: A Couple's Guide to Coping with Infertility*, chronicled her journey, and offered suggestions for couples traveling the same difficult road. Her most recent book, *Born to Be Wild: Rediscover the Freedom of Fun*, helps readers make the most of the power of play in their own lives.

As a frequent speaker, Jill's message has touched hundreds of people at retreats, civic organizations, church groups, women's ministries, correctional institutions, and businesses. In addition, her weekly podcast, **Find Joy...No Matter What**, offers encouragement and equipment to help listeners access deep delight even in the midst of struggles. Leaders look to Jill as someone who can inspire their audiences with depth, wisdom, storytelling and, of course, humor. Lots of humor.

Suggested Topics:

● Maximize Your Moments

Often we spend our time trying to manufacture joy, or we wait for it to show up. However, every day—even a “bad” day—offers moments of deep delight that are yours to capture.

● Finding Joy in Every Season of the Soul

We'll take a look at summer as a season of abundance and celebration. Fall as a time of transition and change. Winter as a time of loss and hardship. Spring as a time of new beginnings

● Find Joy...No Matter What

Joy and sorrow really can travel the same road in the same life, right next to each other. We just have to be intentional about embracing the joy as we navigate the challenges. Here we'll explore some concrete practices to do just that.

Suggested Questions:

- What is your definition of joy?
- What are some concrete ways we can find joy- no matter what else is going on in life?
- What are questions we can ask ourselves to focus our minds on joy?
- Aren't some people just naturally more joyful?
- How can we find God in a situation when there, quite honestly, is no joy?
- Why did you once rent a chimpanzee to come and play at your house for a couple hours?

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