

# Suggestions for Maintaining a Happy Life

- Do not watch TB programs, see movies or read news articles that are violent or negative.
- Each day, find someone or something where we can be of service.
- Seek out people who are intent in making a difference.
- Decorate or re-decorate our home, office or room with things that bring a smile to our faces.
- Look to use and wear colors that make us feel alive and happy.
- When feeling depressed or down, actively seek out something or someone pleasing to our hearts.
- Do a collage or make a plan that will bring us hope and joy.
- Go to the Internet and find someone inspiring to read about.
- Do everything possible to remind us of our unrealized passions.
- Never give up on our dreams.
- Laugh at our mistakes.
- Find forgiveness whenever possible.
- Develop compassion and understanding for things that are different from us.
- Feed our bodies, furnish our minds, feel our souls.