

# 40 Happiness Wisdoms

## Happiness is...

1. derived from the ability to make wise choices.
2. taking a ride on the right train of thought.
3. ever present when we have an attitude of gratitude.
4. swallowing hurtful words so we don't have to eat them afterwards.
5. activated when our good intentions marry our actions.
6. no pouting, no shouting, no doubting....just rerouting.
7. having the courage to create our own reality.
8. our impeccability.
9. a constant thing when we are unattached to outcome.
10. feeling rich no matter what the income.
11. held strong when we lead with our heart instead of our head.
12. feeling inspired by intelligent criticism.
13. the end result of our generosity.
14. corded to our mighty boldness.
15. secured when we feel free to be truthful under all circumstances.
16. happens when our motivation puts on work clothes.
17. knowing deeds not plaques are the true monuments for greatness.
18. loving what we do.
19. contemplating consequences.
20. keeping to the path of the promise we promised ourselves.

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21. the art of standing up for what is right without being shot down.
22. belief without evidence.
23. staying optimistic in the mix of people who are pessimistic.
24. self-responsibility and self-accountability.
25. perseverance beyond endurance.
26. the result of our noble character.
27. putting our focus on being fundamentally good.
28. the ability to emulate our mentors.
29. a greatness all on its own.
30. developing wise problem solving skills.
31. loving those who do not love themselves.
32. being glued to our integrity.
33. having grace instead of disgrace.
34. applying all our feelings and denying none.
35. the refusal of selfishness.
36. the mutual respect of differences.
37. the result of a clear conscience and guiltless goodness.
38. stabilized when we hold a certainty while in the midst of confusion.
39. witnessing the extra-ordinary hidden among the ordinary.
40. being committed to applying ourselves instead of relying on others.