

ABC's of Happiness

By: Robert Valett: from "Prescription for Happiness"

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- A**spire to reach your potential.
- B**elieve in yourself.
- C**reate a good life.
- D**ream about what you might become.
- E**xercise frequently.
- F**orgive honest mistakes.
- G**lorify the creative spirit.
- H**umour yourself and others.
- I**magine great things.
- J**oyfully live each day.
- K**indly help others.
- L**ove one another.
- M**editate daily.
- N**urture the environment.
- O**rganize for harmonious action.
- P**raise performance well done.
- Q**uestion most things.
- R**egulate your own behaviour.
- S**mile often.
- T**hink rationally.
- U**nderstand yourself.
- V**alue life.
- W**ork for the common good.
- X**-ray and carefully examine problems.
- Y**earn to improve.
- Z**estfully pursue happiness.