

Happiness.

Is it our responsibility to bring happiness into every day we can? I believe it is.

Yes, life can sometimes bring unhappiness greater than we can bear, and I'm not counting those times. Those are the times your friends help you through, or if you prefer to live through those times alone, do that. Either way, you're allowed those times without judgment.

Some people let the coming election fill their lives with anxiety over who will win. The election isn't for several months, and by my reckoning, that's the future. Why ruin any days over who might win? I say wait and see what happens.

The experiences you've already had are now your past. There is no going back, and there is no changing anything. The future is not here yet, so there is nothing to do until it arrives. But the present is what you can change, so it can be how you want it to be.

Life is about handling loss, success, ups and downs, and many other things. But it's good to remember that almost any bad situation could be worse. Generally, those who have lived through the worst of times have an advantage over those who have not because they already know that even the worst of times will get better.

When we get up every day, we have our morning rituals of dental hygiene, making our bed, brushing our hair, dressing, whatever it is we do. What I want us to do is add happiness to our morning routines. I'm saying add happiness to your heart to begin each day and keep it there throughout each day. Being happy is good, first and foremost, for ourselves. Happiness leads to optimism, and optimism is a positive attribute.

Happiness and its companion, optimism, can become who you are if you want them to.

Happiness increases by spending less time with people who are negative about other people.

Happiness seems to work like this: the happier you let yourself be, the happier you become, and happiness leads to optimism, and optimism leads to happiness. Suddenly, happiness is a loop you're stuck in.

Try it for yourself and see how you feel.

Written by Peter Skeels © 7-1-2024