

22 Simple Secrets of Happy People

1. Your life has purpose and meaning.
2. Use a strategy for happiness
3. You do not have to win every time
4. Your goals should be aligned with one another
5. Choose your companions wisely.
6. Cultivate friendships.
7. Turn off the TV.
8. Accept yourself unconditionally.
9. Remember where you came from.
10. Limit your self to thinking about one subject as you lay down to sleep.
11. Friendship beats money
12. Have realistic expectations.
- 13; Be open to new ideas
14. Share with others how important they are to you.
15. If you are not sure guess positively.
16. Believe in yourself
17. Don't believe in yourself too much.
18. Don't face your problems alone.
19. Age is not to be feared.
20. Develop a household routine
21. Don't be over protective.
22. Pay attention. You may have what you want.

