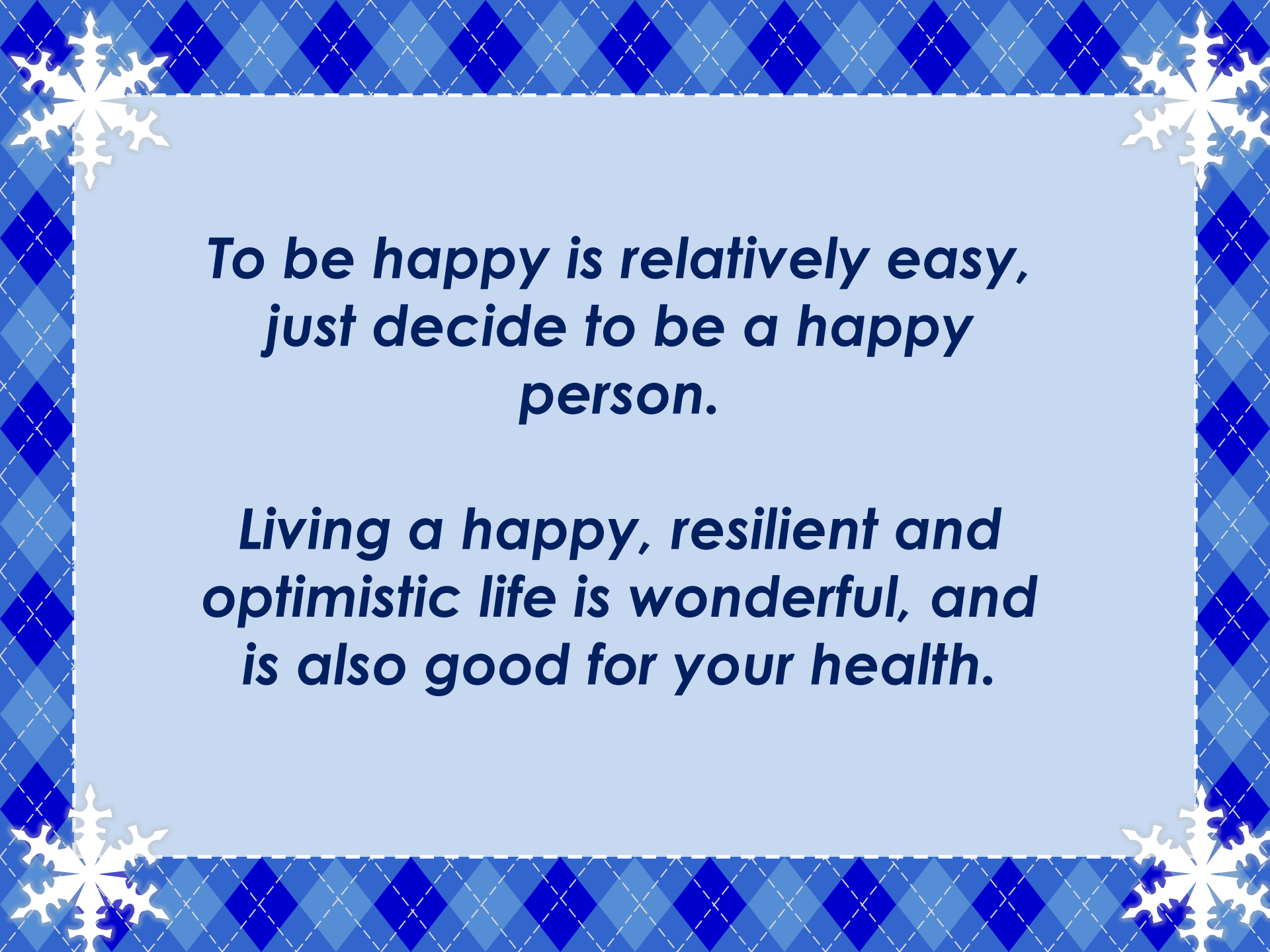


Have A Happy Life

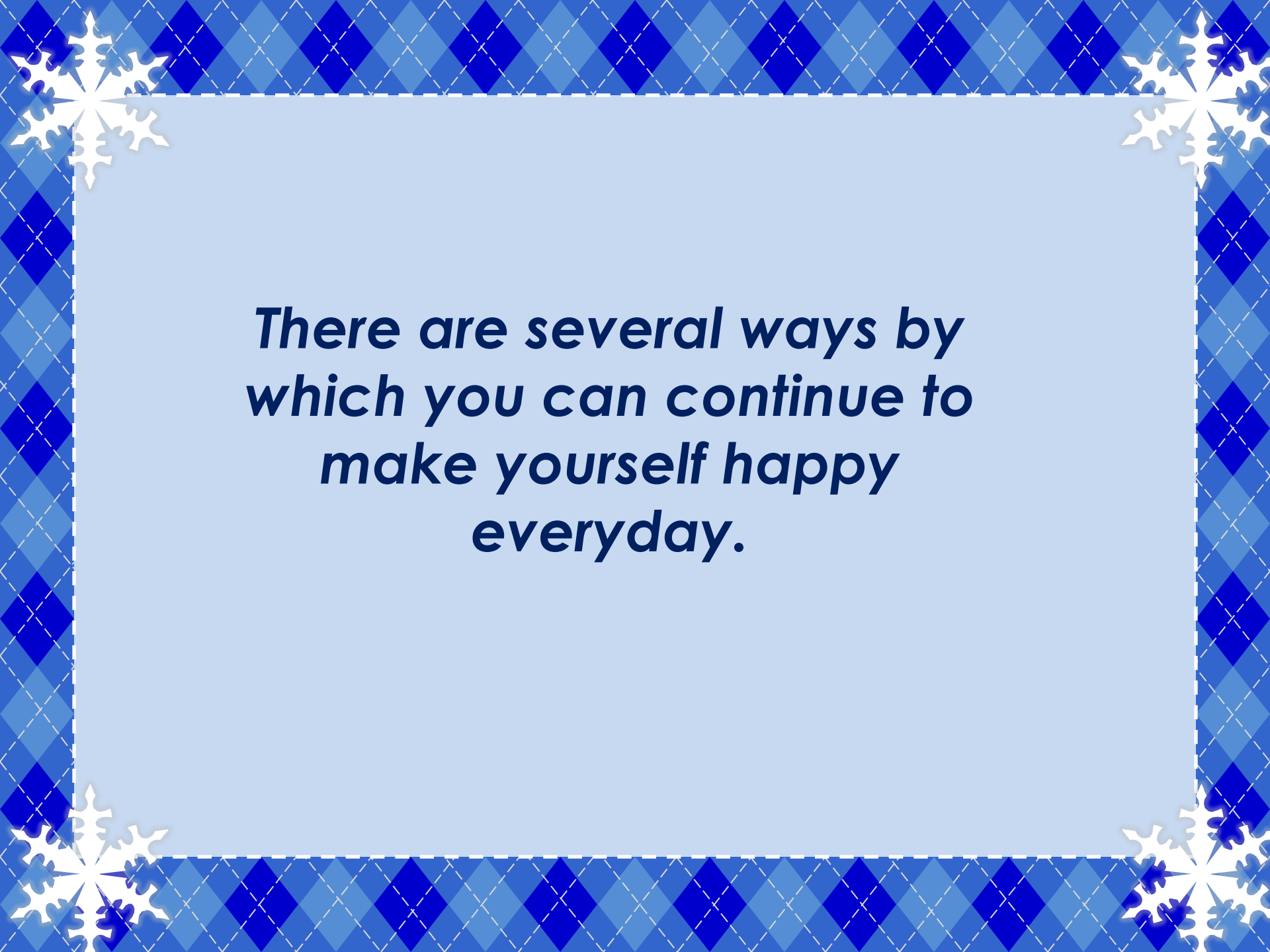
*Happiness is actually found in
everyone*





*To be happy is relatively easy,
just decide to be a happy
person.*

*Living a happy, resilient and
optimistic life is wonderful, and
is also good for your health.*



***There are several ways by
which you can continue to
make yourself happy
everyday.***

Being grateful

We have so much to be thankful for. Thank the taxi driver for bringing you home safely, thank the cook for a wonderful dinner, thank the policeman for making your place safe and thank God for being alive.



Manage your time

Time is invaluable and too important to waste.

Therefore, set goals, plan, create a lists of things to do and prioritize them.



Laugh and laugh heartily

Heard a good joke?

**Tell your friends or family
about it.**

**As they also say –
'Laughter is the best medicine'.**



Express Yourself

***Express your feelings,
affections, friendship and
passion to people around you.***

***They will most likely
reciprocate your actions.***



Learning is a Joyful Exercise

**Try and learn something new
everyday. Learning also
makes us expand and
broaden our horizons.**

**And could also give us more
opportunities in the future.**



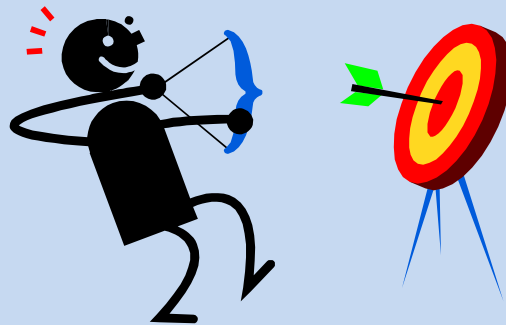
Exercise


Run, jog, walk and do other things that your body was made for.

Feel alive.

Don't Worry Be Happy

These are the few simple things you can do everyday to be happy.





**Thanks for reading and may
you share this message with
your family or loved ones.**

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