



*Today's Suggested  
Topic is...*

**Happiness**

**HAPPY**  
**JOYOUS**  
**FREE**



# Happiness

hap·pi·ness | \ 'ha-pē-nəs \ **noun**

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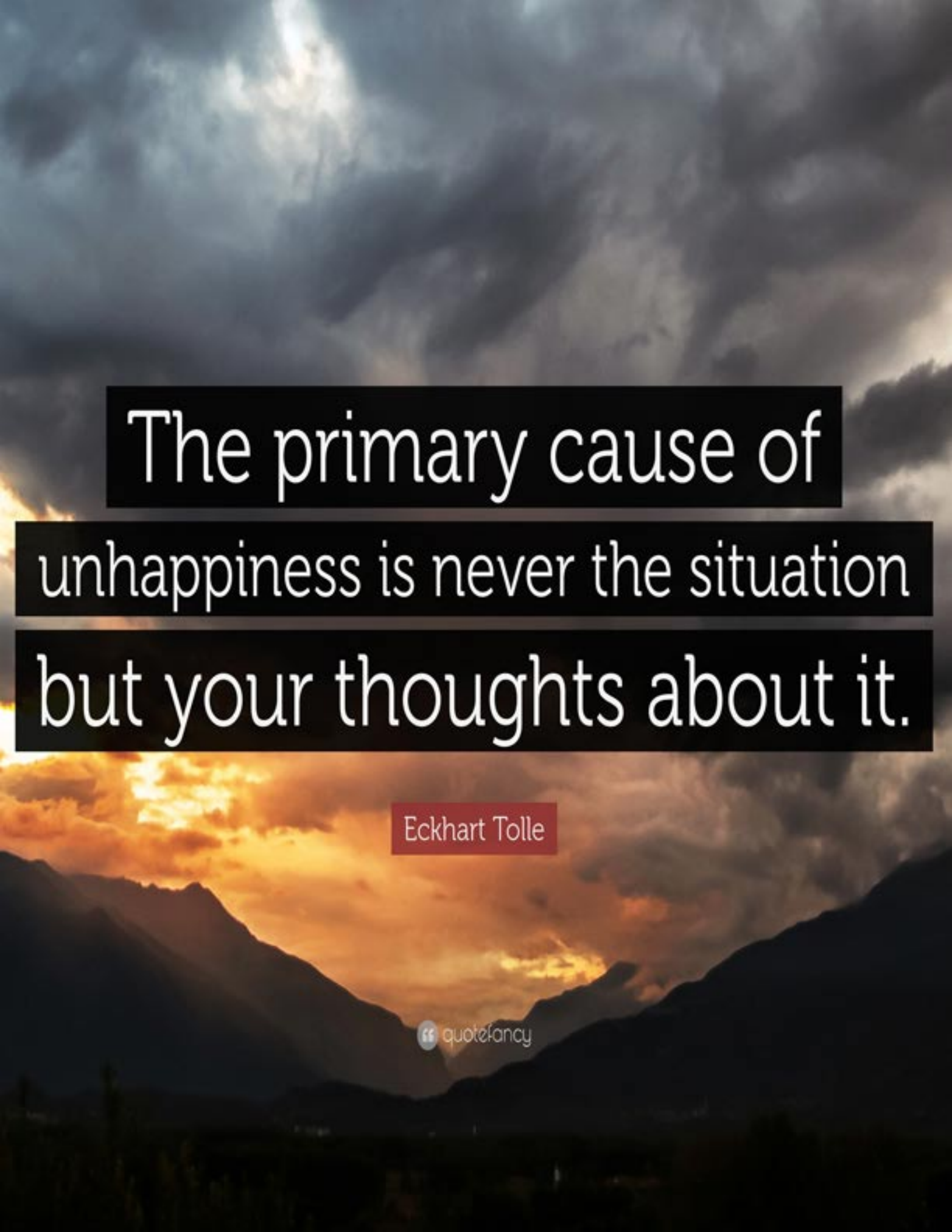
**a:** a pleasurable or satisfying experience.

**b:** the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile.



**THE KEY TO  
HAPPINESS  
IS LETTING EACH  
SITUATION  
BE WHAT IT IS  
INSTEAD OF  
WHAT YOU THINK IT  
SHOULD BE**





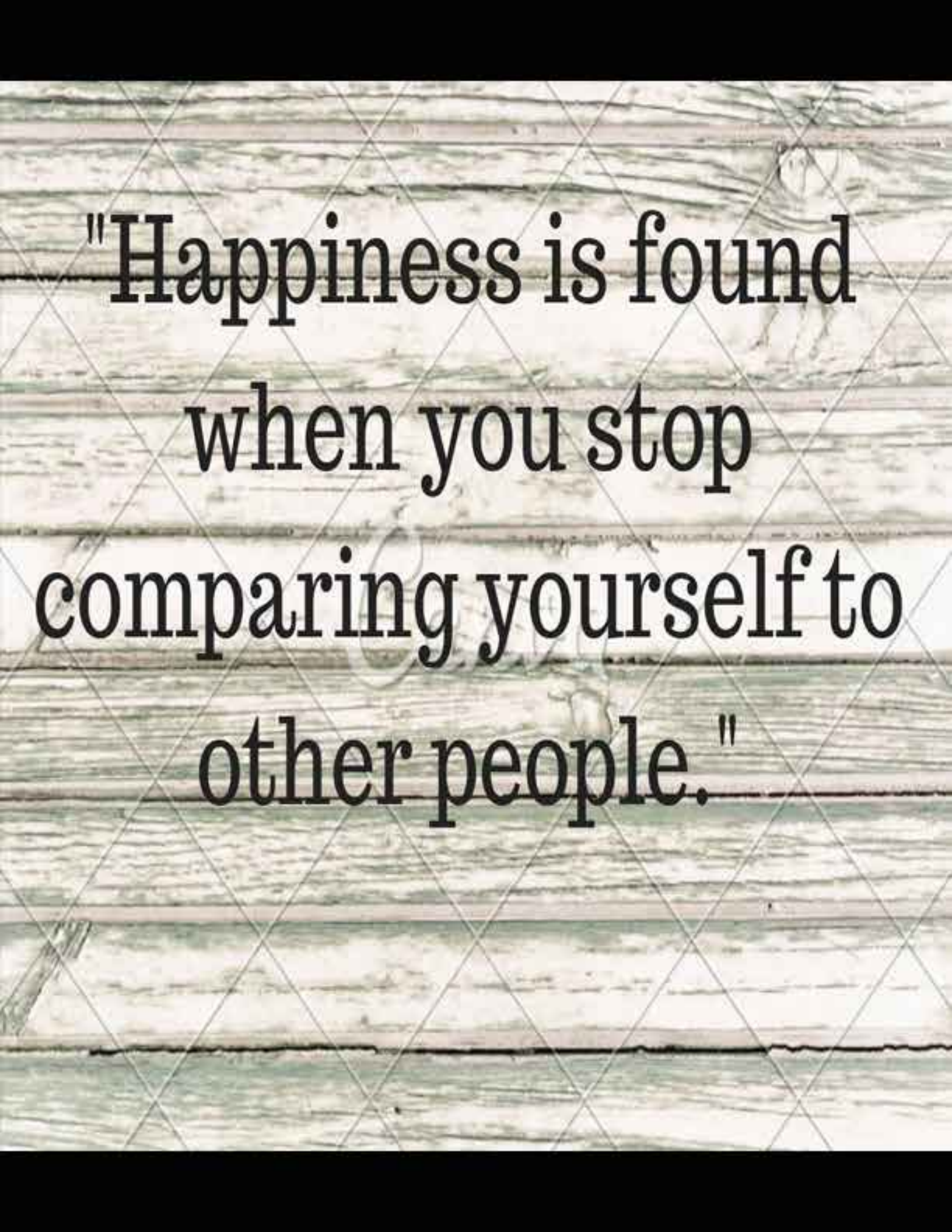
The primary cause of  
unhappiness is never the situation  
but your thoughts about it.

Eckhart Tolle

Overthinking  
8-IMAGES.BLOGSPOT.COM  
is the biggest cause  
of unhappiness.







"Happiness is found  
when you stop  
comparing yourself to  
other people."



# HAPPINESS

comes from

WITHIN

and is found in the

PRESENT MOMENT

by making peace with the

PAST

and looking forward to the

FUTURE

# Happiness

isn't about getting what  
you want all the time.

It's about loving  
what you have  
and

being grateful for it.





The **HAPPIEST**  
**PEOPLE** don't  
necessarily have the  
best of everything;  
they just make  
the best of  
everything they have.





So you try to  
**ESCAPE**  
them ...

**START  
HERE**



... by  
retreating  
to your  
**HAPPY  
PLACE** ...



# THE HAPPINESS TRAP

... and now you  
find that your  
Happy Place  
has bred even  
more ...



... but your  
**HAPPY  
PLACE** is  
built from  
temporary  
and often  
toxic  
things ...

... which are not strong  
enough to keep them  
out forever ...

# Happiness

is not about what happens to you, but how you choose to respond to what happens. That's why it's called happiness not happenness — though it could be called hope-ness. You must always leave room for hope that all has happened for good cause.

**OUR DAYS ARE  
HAPPIER WHEN  
WE GIVE PEOPLE  
A BIT OF OUR  
HEART THAN A  
PIECE OF OUR  
MIND.**



**Some cause  
happiness wherever  
they go; others  
whenever they go.**



**OSCAR WILDE**

# Where is happiness made?



# Where is happiness made?



# At the satisfactory.



# 7 Steps to Happiness:

Think Less, Feel More

Frown Less, Smile More

Talk Less, Listen more

Judge Less, Accept More

Watch Less, Do More

Complain Less, Appreciate More

Fear Less, Love More

I am in charge of how I feel  
and today I am choosing  
happiness.

*fb/BreaktheSilentStruggle*

