

The Simple Secret to Happiness

After a talk I gave in Niagara Falls recently a woman approached me and shared her father's secret to happiness. She said, " My Father believed that there were four requirements to happiness.

TO BE HAPPY ...

1. You must have someone to love.
2. You must have something meaningful to do.
3. You must have something to look forward
4. You must have someone to laugh with.

A pretty sound philosophy!

Happiness doesn't depend on being in a certain set of circumstances, but rather on having a certain set of attitudes.

Happiness is discovered when we leave loving footprints in the lives of others.

Source: <http://www.articlecircle.com>

About the Author

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