

Key to happiness

1. "Appreciation: the outward-bound kind of love that gives everything and asks for nothing, making it pure and strong."
 - Think about the last time you forgot your wallet or purse somewhere and how happy you are when a friend or stranger returned it to you-now that's appreciation!

2. "Choice: Anyone can choose the course of their lives, but only happy people do it."
 - When you make a choice, you take control over a situation, you assert yourself, and you express yourself, all of which can be both liberating and exhilarating.

3. "Personal power: Proactive force that gives individuals the power over their feelings and their fate. It is made up of two constituent parts: taking action and taking responsibility."
 - Much like when you make a choice you are knowingly taking the wheel and driving.

4. "Leading with your strengths: Focusing on strengths, rather than focusing on weaknesses, enables a swifter resolving of situations."
 - IT has been proven that people respond better to positive reinforcement. And the law of attraction essentially says that the more you focus on something you get-it it's strength, you get strength; if it's positivity, you get positivity.

5. "The power of language: Language can be used in a healthier or horrible way, and words have immense power to constrain or liberate."
 - Be honest and open when you speak to others, and be sure to think before you speak whenever possible.

6. "Multidimensional living: Putting energy into the three main components of life (relationships, health and purpose) is the final key."
 - Balance is the key to just about everything!

- When evaluating your life, think about things that make you happy.
 - Where do they fit within these categories?
 - Are there areas for improvement?
 - Perhaps these categories can serve as a guide to set your goals and prioritize, or serve as a catalyst to evaluate your life in general.