

ONE DAY AT A TIME

RULES FOR HAPPINESS

LIVE A SIMPLE LIFE. BE TEMPERATE IN YOUR HABITS. AVOID SELF-SEEKING AND SELFISHNESS. MAKE SIMPLICITY THE KEYNOTE OF YOUR DAILY PLANS. SIMPLE THINGS ARE BEST.

SPEND LESS THAN YOU EARN. THIS CAN BE DIFFICULT BUT IT PAYS BIG DIVIDENDS. KEEP OUT OF DEBT. CULTIVATE FRUGALITY, AND SELF-DENIAL. AVOID EXTRAVAGANCE.

THINK CONSTRUCTIVELY. TRAIN YOURSELF TO THINK CLEARLY AND ACCURATELY. STORE YOUR MIND WITH USEFUL THOUGHTS. BE A PORTER AT THE DOOR OF YOUR MIND. CULTIVATE A YIELDING DISPOSITION.

RESIST THE COMMON TENDENCY TO WANT THINGS YOUR OWN WAY. TRY TO SEE THE OTHER PERSON'S VIEW. BE GRATEFUL. BEGIN THE DAY WITH GRATITUDE FOR YOUR OPPORTUNITIES AND BLESSINGS. ALWAYS BE GLAD FOR THE PRIVILEGE OF LIFE AND WORK.

RULE YOUR MOODS. CULTIVATE A MENTAL ATTITUDE OF PEACE AND GOOD WILL. GIVE GENEROUSLY.

THERE IS NO GREATER JOY IN LIFE THAN TO RENDER HAPPINESS TO OTHERS BY MEANS OF INTELLIGENT GIVING WORK WITH ALL THE RIGHT MOTIVES. THE HIGHEST PURPOSE OF YOUR LIFE SHOULD BE TO GROW IN POWER. BE INTERESTED IN OTHERS. EXPERIENCE THE BY-PRODUCT OF HAPPINESS IN THE DEGREE THAT U GIVE AND SERVE. CONCENTRATE ON YOUR IMMEDIATE TASK. THIS MEANS LIVING ONE DAY AT A TIME. MAKE THE MOST OF TODAY FOR IT IS ALL THAT YOU HAVE.

HAVE A HOBBY. STUDY NATURE, GO WALKING, TRAVEL, READ A BOOK, DO SOCIAL SERVICE, ETC. ETC. ETC. AND THE MOST IMPORTANT RULE – LOVE YOUR FAMILY AND FRIENDS. THEY'RE ALL YOU HAVE. TREASURE EACH AND EVERY DAY YOU HAVE WITH THEM AND ALWAYS MAKE EACH VISIT SPECIAL.