

How to Stay Happy

Staying happy is.....

derived from truth.

taking a ride on the right train of thought.

having an attitude of gratitude.

swallowing hurtful words, so we don't have to eat them afterwards.

activated when our good intentions marry our words.

no pouting, no shouting, no doubting.

having the courage to create our own reality.

examining our feelings, denying none.

feeling rich no matter our bank account.

held strong when we speak from our heart, instead of our head.

feeling inspired over the smallest of things.

the end result of our generosity.

corded to our thoughts about our life.

feeling comfortable to be truthful.

knowing deeds not plaques are the true monuments for our greatness.

loving that we are still alive.

keeping to the path of the promise we promised ourselves.

standing up for what is right, no matter the outcome.

having the mutual respect of differences.

believing in the extra-ordinary.