

# Happiness & Moving Forward

1

Happiness is different for each person. To some it is their social life from which all of their joy is derived. How many friends they have. Which event they go to. Who visits and what they talk about.

For others it is their relationships, they are relationship centered. How do their loved one's feel. How do people feel about them? What new relationships can they cultivate? One may derive pleasure seeing their close friends and family happy.



2

Others still get a great deal of satisfaction from their work or career. Learning new things every day. Improving their performance. Dealing with work relationships and challenges successfully. They enjoy making their job or business more rewarding.

Others like to go to school; they like education, learning. Reading and writing appeals to them.

3

What makes you happy? Write a list right now of your joys. What do you like to do? What kind of people do you click with? What kind of soul mate would you be happy with? What kind of things are fun for you? What do you need to do to make your children happier? Maybe it's time to move forward on some of these goals.

What would be the next step on any of your goals? What would take them to the next level?

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Around here,  
 we don't look backwards  
 for very long...  
 We keep moving forward,  
 opening up new doors and  
 doing new things  
 because we're curious...  
 and curiosity keeps leading us  
 down new paths  
 ~WALT DISNEY~

**"Most folks are about as happy as they make up their minds to be."**  
 ~Abraham Lincoln

4

*What is most important to me?*

- Health?
- Family?
- Friends?
- Work?
- Pets?
- Getting In Shape?
- Volunteering?
- Socializing?
- Being a Good Friend?
- Finding Love?
- Eating Right?
- Creating Fun Days Off?
- Redecorating?

***That's where happiness can be found!***



*When one door of happiness closes, another opens  
 but often we look so long at the closed door that we do not see  
 the one which has been opened for us.*

*Helen Keller*