

SEE THE RAINBOW... NOT THE RAIN

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1. Have a positive attitude: Our happiness hinges on our choices, attitudes, and thoughts. So, end the negative thinking that drains your energy and weighs down your self-esteem. Stay away from negative people, and surround yourself with POSITIVE people... and be one yourself!
2. Count your blessings: People who concentrate on what they genuinely have to be happy about are - surprise! - happier than those who dwell on the negatives. If you're in a bad funk, you might have to start with: "I'm grateful I have legs" or "I'm lucky to have a job". Before too long you'll see how much you really have going for you.
3. When faced with adversity or a crisis: Allow yourself to be afraid and to grieve; Lean on loved ones for support; Make a list of the GOOD things you can take away from the experience.
4. All you need is love! If there's any great gift in times of challenge, it's that we get a very clear sense of who our true friends are. To feel the loving support of those who care about us - and to give our care and affection in return - is one of life's greatest pleasures.
5. When in doubt... throw it out! A surplus of accumulated stuff and clutter adds to our stress. Material wealth does not increase our satisfaction in living. So clear out the clutter, donate unneeded goods to charity, and enjoy clear surfaces and room to move!
6. Be confident! Decide that you WANT it more than you are AFRAID of it. When faced with a situation that requires you to be strong and confident: Do your homework, dress the part, and - when all else fails - FAKE IT 'TIL YOU MAKE IT! Be a fighter... Dare to dream!
7. Pursue your passion. Do what you love, and love what you do. Respect and protect the things that are important to you. This is NOT selfishness... It's taking care of yourself so you can be available to those who matter to you and depend on you.
8. Give to others... It makes you feel better about yourself and about life in general. Whether you give money, time, energy, advice, encouragement, or even just a kind word and a smile... GIVE! Acts of generosity contribute to a climate of hope.
9. Be healthy! Energy, vitality and focus are the rewards of good health. They help us achieve our goals and withstand stress and anxiety. So get plenty of exercise and rest... and don't eat crap!
10. Have a great sense of humor: A lighthearted approach to life has many physical and mental health benefits. It can lower your blood pressure and potentially increase your productivity. So, laugh your way to better health, more energy, less stress, and stronger relationships.