



HAPPINESS

Here we see the dead or dying almost everyday, which teaches us, much better than we realise, that life is but a journey which leads us to eternity. May God, in His mercy, make it a happy voyage.

Spiritual Writings. Pg. 172 L. 157

Life is a journey that is meant to be lived and celebrated and on the journey you have the power to choose your own happiness. No one but you is responsible for your happiness. Happiness leaps into existence from a positive attitude to life and is found by claiming the best of who you are and recognising and responding to the best in other people. The inner belief that you are a person of intrinsic value and worth makes it not only possible to experience happiness—it also makes it possible to go on believing in happiness. Your life—with all its joys and complications—is a priceless gift.

- Do I choose my own happiness or do I rely on others to make me happy?
- Do I truly believe that I am a person of intrinsic value and worth?
- How did I choose happiness and life today?

God, help me to take responsibility for my own happiness and to always choose what is important in life—what is positive in life—and what is possible in life. Amen