

# Happiness...

**it is always our choice!**



*Happiness is.... the absence of negativity, the cultivation of a compassionate and non-judgmental heart, and the fostering of contentment. While there are many definitions for happiness, there is no disputing the fact that each individual is responsible for their own happiness. Happiness is very much a matter of choice, of how one chooses to view and live life. Negative thoughts or negative thinking brings about emotions of anger, resentment, hate, frustration, anxiety, doubt, fear. Frame things in a positive manner.*

Happiness  
is  
being fully  
in the  
moment.



Cultivate a compassionate heart, one that looks at someone or at a situation with deep understanding and clarity of vision. Compassion understands the weaknesses and flaws of people and of situations; reacting with understanding, with a non-judging heart. Fostering contentment is learning to appreciate what one has. Let go of comparisons to others. Long term happiness is a balance of striving for excellence while being in the present moment.

*It is Ok to be happy!*