



daily GOOD

Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful. --Albert Schweitzer

Growing Happy

Could it be that age is the secret to happiness? Some psychologists believe that aging may help increase a person's sense of wellbeing. Older people have a heightened awareness to the brevity of life since their time is running out, and therefore are more attuned to the present moment. By contrast, the heads of younger folks are often filled with concerns relating to the future, such as career development or finding the right person to marry.

Be The Change:

Write down ten things you are grateful to have in your life.