



daily GOOD

For a long time it had seemed to me that life was about to begin - real life. But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. Then life would begin. At last it dawned on me that these obstacles were my life." --Alfred D. Souza

365 Days of Happiness

"Great wife, amazing kids, a full head of hair - like so many people I felt I had no real grounds for feeling unhappy. But all too often I did, and it was getting me down." At 44, Cathal Morrow found himself getting bogged down by the trials and tribulations of daily life and spending "a decent amount of time veering between mildly piqued and downright upset." But then it dawned on him: he was happy. Overall at least. So what's the unhappy happy man to do with this minor epiphany? Spend a year in happiness, of course. He resolves, "When problems arise, I'm going to recentre myself and then react in the way a happy person would." For a man who spent a year without lying, and hasn't told a lie since, Morrow certainly knows a thing or two about changing habits.

Be The Change:

Decide to be happy today.