



## daily GOOD

Consider the following. We humans are social beings. We come into the world as the result of others' actions. We survive here in dependence on others. Whether we like it or not, there is hardly a moment of our lives when we do not benefit from others' activities. For this reason it is hardly surprising that most of our happiness arises in the context of our relationships with others. --Dalai Lama

### **What Makes People Happy**

Psychologists now know what makes people happy. The happiest people surround themselves with family and friends, don't care about keeping up with the Joneses next door, lose themselves in daily activities and, most important, forgive easily.

### **Be The Change:**

Do something that makes you happy. Maybe even do something that makes someone else happy. :)