



## daily GOOD

Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out. Share. Smile. Hug. --Og Mandino

### Leading A Happier Life

As a motivational speaker and executive coach, Caroline Adams Miller knows a few things about using mental exercises to achieve goals. But last year, one exercise she was asked to try took her by surprise. Every night, she was to think of three good things that happened that day and analyze why they occurred. That was supposed to increase her overall happiness. "I thought it was too simple to be effective," said Miller, 44, of Bethesda, Md. "I went to Harvard. I'm used to things being complicated." This article shares more about the growing body of research that is beginning to show that happiness can be learned.

### Be The Change:

Make a practice each day of silent gratitude for the good that happens.