



## daily GOOD

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude. --Denis Waitley

### **What About Me?**

Mipham records albums, runs marathons and just happens to be a Tibetan Buddhist monk. In this amazing music video, he creatively questions the idea of a self-centered world view. "When you're happy, I'm happy," he raps. "That's the formula. First you, then me. That's all happiness is. It's just the heart being free."

### **Be The Change:**

What is the one question you'd like to ask of yourself each day?