



## 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

### Designing Cities for Happiness?

What would happen if happiness was the main focus of city planning? Enrique Penalosa asked this very question as the mayor of Bogota, Colombia's capital city of 7 million. In his three years of service, the city built and improved 1200 parks and playgrounds, 300 kilometers of bikeways, and 202 schools, as well as planted 100,000 trees and reduced traffic by 40 percent. Penalosa now travels the world spreading a message of how to improve the quality-of-life in today's cities: "With our limited resources, we have to invent other ways to measure success," he says.

### Be The Change:

Spread happiness in your city or town by planting flowers in a local community garden.