



daily GOOD

Happiness is a journey, not a destination; happiness is to be found along the way not at the end of the road, for then the journey is over and it's too late. The time for happiness is today not tomorrow. --Paul H. Dunn

20 Simple Tools for Happiness

"Happiness is ephemeral, subject to the vagaries of everything from the weather to the size of a bank account. We're not suggesting that you can reach a permanent state called "happiness" and remain there. But there are many ways to swerve off the path of anxiety, anger, frustration, and sadness into a state of happiness once or even several times throughout the day." This Reader's Digest article offers 20 ideas to help get you started.

Be The Change:

If you could add your own happiness "tool" to the list above, what would it be?