



**A**ccept whatever happens for the moment

**B**eing happy brings you bliss

**C**heerfulness is common sense

**D**ecide to be happy

**E**mpower your emotions and enjoy

**F**orgive and feel fearless

**G**ive with gladness

**H**appiness can help the heart

**I** am happy

**J**oyful living

**K**indness is knowledge

**L**ive life and love

**M**aster your mind

**N**ow is the time to be happy

**O**pportunity is OK to order

**P**eace is the positive power of patience

**Q**uit being right quickly

**R**elax and respond with reason

**S**elf-confidence for support and satisfaction

**T**ime to train for tolerance and tranquility

**U**se happiness for understanding

**V**olunteer for vitality

## The ABCs of Happiness...

Well being for wisdom and warmth

X out unhappiness

You can always choose happiness

Zero in on happiness

Copyright 2000 by Lionel Ketchian

©1999-2016 [HappinessClub.com](http://HappinessClub.com) / [contact](#) / [subscribe](#)