

FIVE SIMPLE RULES TO BE HAPPY

Remember these five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

No one can go back and make a brand new start. Anyone can start from now and make a brand new ending. God didn't promise days without pain, laughter without sorrow, sun without rain, but He did promise strength for the day, comfort for the tears, and light for the way. Disappointments are like road humps, they slow you down a bit but you enjoy the smooth road afterwards. Don't stay on the humps too long. Move on! When you feel down because you didn't get what you want, just sit tight and be happy, because God has thought of something better to give you. When something happens to you, good or bad, consider what it means. There's a purpose to life's events ... To teach you how to laugh more or not to cry too hard. You can't make someone love you; all you can do is be someone who can be loved. The rest is up to the person to realize your worth. It's better to lose your pride to the one you love, than to lose the one you love because of pride. We spend too much time looking for the right person to love or finding fault with those we already love, when instead we should be perfecting the love we give. Never abandon an old friend. You will never find one who can take his or her place. Friendship is like wine; it gets better as it grows older.