

Don't Worry. Be Happy.

We all want to be happy, right? And happiness means different things to different people. Or, in the modern vernacular, *different strokes for different folks!*

For some, a new car would create happiness. For others, perhaps, a fishing trip, especially an outing that included landing “the big one.”

Golfers are lit up with a sub-par game on the links. And a hole in one? Wow! That would be something to shout about.

In the good ol’ summertime, a bowl filled with steaming hot blackberry cobbler topped with vanilla ice cream changes my day for the better. And year around, a homemade, fried apple pie produces a grin ear to ear as the eating begins.

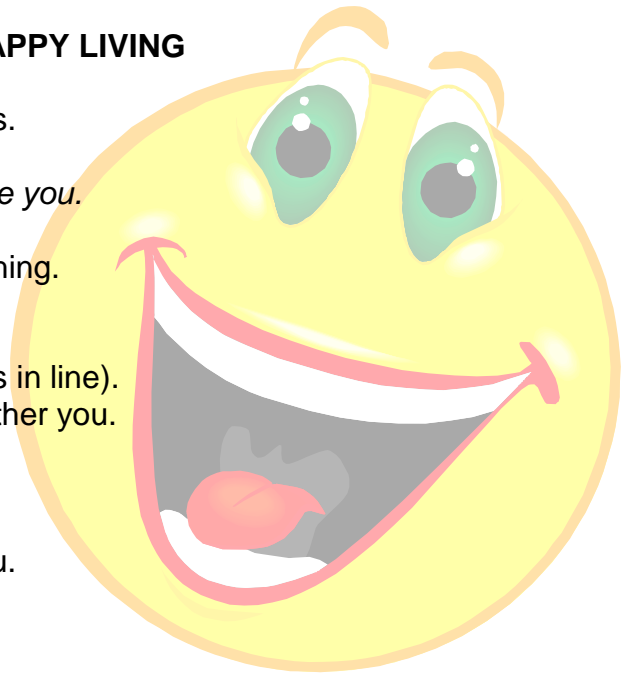
For the females among us, a new dress works wonders. An engagement ring always seems to bring a smile – or tears of joy – to a young woman’s face. For a guy, scoring a winning touchdown in a football rivalry game is a memory that will last a lifetime.

And virtually every couple feels blessed in a remarkable way with the birth of their first child.

Yes, happiness comes in many ways. What got me to ruminating about it came when Melissa Haak, LPN at Life Care Center of Punta Gorda, Fla., sent me some “rules for happy living” she had found. The article “made me smile, and I thought it might make a few more folks smile,” she said. Its author is unknown, but here it is:

RULES FOR HAPPY LIVING

1. Count your blessings, not your troubles.
2. Live one day at a time.
3. Learn to say *I love you* and *I appreciate you*.
4. Be a giver, not a taker.
5. Seek the good in everyone and everything.
6. Pray every day.
7. Do at least one good deed every day.
8. Learn to count (*i.e.*, keep your priorities in line).
9. Let no little and/or imaginary things bother you.
10. Practice a do-it-now habit.
11. Learn to put God first.
12. Learn to laugh and learn to cry.
13. Smile, and the world will smile with you.
14. Fear nothing or no one.
15. Let go and let God take over.



Perhaps the song by Bobby McFerrin sums it up: *Don't worry. Be happy.*