

## How to Be Happy

Robert Louis Stevenson, Scottish novelist, poet and travel writer, suffered poor health from childhood until he died at age 44. But he never allowed illness to conquer his spirit. He felt that being happy was a duty, and he faithfully followed a number of precepts to keep himself as happy as possible. Here they are:

1. Make up your mind to be happy. Learn to find pleasure in simple things.
2. Make the best of your circumstances. No one has everything, and everyone has some sorrow mixed in with the gladness of life. The trick is to make the laughter outweigh the tears.
3. Don't take yourself too seriously. Don't think that somehow you should be protected from misfortunes that befall other people.
4. Don't let criticism worry you. You can't please everybody.
5. Don't let others set your standards. Be yourself.
6. Do the things you enjoy doing, but don't go into debt in the process.
7. Don't borrow trouble. Imaginary things are harder to bear than the actual ones.
8. Do not cherish enmities. Don't hold grudges. Hatred poisons the soul.
9. Have many interests. If you can't travel, read about many places.
10. Don't spend your life brooding over sorrows or mistakes. Don't be the one who never gets over things.
11. Do what you can for those less fortunate than yourself.
12. Keep busy at something. A very busy person never has time to be unhappy.

If we can apply Stevenson's principles to ourselves, our outlook on life will improve dramatically, and we will have better families – and a better company.

--Beecher Hunter