

# Making Your Day Happy

My guess is that each of us wishes to feel cheerful and pleased with the work we do in the profession we have chosen. To be so creates a sense of accomplishment and fulfillment.

Recently, I ran across an article with *Six Rules for a Happy Day on the Job*. The author is unknown, but check it out:

1. Today I will do something nice for someone, but I will do it secretly. I will reach out anonymously to bless the life of another person.
2. Today I will treat others as I wish to be treated. I will practice the Golden Rule – do unto others as you would have them do unto you – with everyone I meet.
3. Today I will raise the spirits of someone who is discouraged. My smile, my words, my expressions of hope and support – all can make a difference to someone who is struggling with discouragement or depression.
4. Today I will go the extra mile. I will find ways to share another's burdens. I will seek opportunities to make life more pleasant for everyone I encounter.
5. Today I will forgive. I will forgive the hurts and injuries that come my way today. And I will try to put past hurts and insults behind.
6. Today I will be careful about what I say. I will carefully choose and guard my words, making certain that I don't spread gossip or malign anyone in any way.



These are some high standards, to be sure, but abiding by them can make our day – and that of others – pleasurable and increase the morale of the team.

*Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you* (Ephesians 4:32 ESV).

– Beecher Hunter