

Searching for Happiness

Don't we all wish for a life filled with contentment and joy? There's no question that our days on this earth are filled with challenges and adversity. Earning a living and supporting a family require hard work and sacrifices.

In the midst of it all, our values and our approach to life help shape our mind-set.

Dale Carnegie, author and prominent lecturer, offered this advice to cultivate a mental attitude that will bring peace and happiness. His suggestions are definitely worth consideration:

1. Fill your mind with thoughts of peace, courage, health and hope.
2. Never try to get even with your enemies.
3. Expect ingratitude.
4. Count your blessings – not your troubles.
5. Do not imitate others.
6. Try to profit from your losses.
7. Create happiness for others.

Some pretty good rules to live by.

--Beecher Hunter