Happiness

We convince ourselves that life will be better: After we get married
Have a baby. Have another baby!

Then, we are frustrated that the kids aren’t old enough and we’ll be more content when they are older.

After that, we’re frustrated that we have teenagers to deal with. We will certainly be happy when they are beyond THAT stage. We tell ourselves that our life will complete
when our spouse gets his/her act together,
when we get a nicer car
are able to go on a nice vacation
when we retire

The truth is, there’s no better time to be happy than right now! If it’s not now, then when?!

Your life will always be filled with challenges. Admit it to yourself NOW! Decide to be happy NOW!

A related quote comes from Alfred D. Souza. He said, “For a long time it had seemed to me that life was about to begin – real life. But there was always something to be gotten through first, some unfinished business, time still to be served, a debt to be paid. THEN, life would begin.

At last it dawned on me that these obstacles WERE my life.” So maybe there is no way to happiness. Rather happiness IS the way.

Therefore, treasure every moment that you have. And treasure it more if you share it with someone special: in a special relationship, with making full commitments, and to spend your time with, and remember that

Time waits for no one! Stop WAITING:

   Until you finish school
   Until you go back to school
   Until you lose ten pounds
   Until you gain ten pounds
   Until you have kids
   Until your kids leave the house
   Until you start work
   Until you retire
   Until you get married
   Until you get divorced
   Until Friday night
   Until Saturday night
   Until Sunday morning
   Until you get a new car
   Until you get a new home
   Until your car or home is paid off
   Until spring…summer…fall…winter…Christmas!
   Until the first…or the fifteenth
   Until your ship comes in
   Until you’ve had a drink
   Until you’ve sobered up
   Until you die
   Until you are born again

Decide that there is no better time than right now to be happy! Happiness is a journey, not a destination!

Source: Anonymous forwarded email; Distributed, DBarr/Saddleback College/APSY 160/Attitude Presentation