# 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 <u>remember that</u>

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! <u>Happiness is a journey, not a destination!</u>

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