HAPPINESS FOR LIFE

by:

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Be happy, be contented. Happiness is a choice. Teaching is my choice. To choose to be happy is just the beginning of your constant desire for lasting happiness.

To have real, complete and lasting joy, here is your guide; first, develop beliefs that are healthy and positive. Use your power, skills and abilities to take control of what you can and leave the rest to other people and to divine providence. Treat yourself well. You matter for you have the image of God in you. Have the right perspectives so that you will have ample chances to live happily. Improve the way you think by constantly updating yourself with the right kind of books and the proper use of modern media. How you think determines the quality of your life. Let challenges help you become teachable, and eventually become a better and happier person. Have courage. Do not worry. You are bigger than your problems, greater than your fears, stronger than your uncertainties. Let your responses be always positive. Give your imperfect best. When you know you are giving your best, it is easier to be at peace and to feel contented. Happy people never aspire for perfection. They just want to give the best they have.

Improve beliefs about yourself. The home is the cradle of the formation of many of these beliefs. You start to form ideas as early as when you were in the crib. Even the school helps in shaping what you believe in. Religion, peers, the books you read and the ads you see on TV have a lot of influence too in the way you view your realities.

Take control of your life to get what you want. In life some things just happen. This may sound unfortunate but that is the way life is. One thing is sure-complaining will not do the job. Acceptance will. Real acceptance means “This is where I am now but let me find out where I can go from here.” Use your power, skills and abilities to take control.
of what you can. You are not designed to have absolute control to everything. Learn to be flexible. Learn to adjust to the situation where you are in. The more you do, the happier you feel and the better your life becomes. Take control of what you can and leave the rest to other people and to the divine providence.

Change your way of thinking. Your happiness does not depend on your condition. Conditions are temporary. They usually have a bright side, as they teach you about life lessons. You can be happy regardless of your condition. Happiness is not a virus that you sometimes inhale or exhale. It is a choice that you yourself can decide on. It can co-exist with challenges, uncertainties and difficulties. It does not depend on age, culture or economic status. It is not limited by time. If you only decide to, you can be happy even in the midst of poverty, difficulty or old age. All you need to do is to change your way of thinking and to improve on how you look at various experiences.

Acknowledge how blest you are. You have more than what you need to survive. You are gifted with what money cannot buy-soul, conscience, freewill, intelligence, dreams, etc. You are precious, unique and created for a purpose. Happiness is not limited to gaining friends, fame, recognition, love-relationships, or pleasurable activities. What you truly need is a working perspective, a healthy attitude, and a positive way of looking at things and people. What you need to see is that God empowers you to lead your life in such a way that it becomes a series of experiences that allow you to grow and learn.

Develop a positive self-Image. Love yourself, feel good about yourself. Be happy with yourself. When you face the mirror, focus on your good qualities. You have those God- given qualities that are everywhere scattered in your whole being and they are countless. After all, you are created in God’s image and likeness. You have specific qualities that set you apart from the rest of humanity. Focus on your unique qualities and not on your insecurities.
Have better perspectives. Perspectives are our gateways to action. We get better results when we are able to change perceptions that do not work. Your perspectives about everything – God, self, life, family, authority, money, work, health, problems, people, and the world-are more important than facts. They are your “truths”.

Allow troubles to develop your character. Life is your most precious commodity. Knowing how to live is your greatest knowledge. Knowing how to manage your problems is your greatest blessing because for as long as you are alive, you will always have problems. Your ability to handle, cope with and solve challenges and difficulties in life spells how happy you will be. It is important, therefore, to take control of your troubles and learn to use challenges to your advantage.

Have courage. Be not be afraid. Do not worry. You are bigger than your worries, greater than your fears and stronger than your uncertainties. Life rewards not the number of retreats you do out of fear but the risks you take out of courage.

Use your power to respond every moment. Let your responses be always positive. The happiness of your life is the sum total of the small but positive responses that are made on a daily basis. Life will be lot better if you replace your negative instinctive reaction with positive reflective action. And lastly;

Work hard to be the best and not to be perfect. You are invited to give your best. When you know you are giving your best, it is easier to be at peace and to feel contented. Happy people never aspire for perfection. They simply give their best.
References:

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