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### **SEVEN RULES FOR HAPPY LIVING**

1. **GET THE HAPPINESS HABIT.** Smile inside, and make this feeling a part of you.
2. **DECLARE WAR ON NEGATIVE FEELINGS.** Don't let unrealistic worries eat away at you!
3. **STRENGTHEN YOUR SELF-IMAGE.** See yourself as you've been in your best moments, and give yourself a little appreciation.
4. **LEARN HOW TO LAUGH.** Adults sometimes grin or chuckle but not many can really laugh. Laughing, when it is genuine, is purifying.
5. **DIG OUT YOUR BURIED TREASURES.** Don't let your talents and resources just die inside you; give them a chance to meet the test of life!
6. **HELP OTHERS.** Giving to your fellows can be the most rewarding experience of your life.
7. **SEEK ACTIVITIES THAT WILL MAKE YOU HAPPY.** An active life is a happy life. Do what's good for you.

From THE MAGIC POWER OF  
SELF-IMAGE PSYCHOLOGY  
By Maxwell Maltz

Read by Ken Haystead  
PEACE FOR TODAY  
February 9, 2010