

Happiness Jar will make 2018 a happy year!

The happiness jar: Write down something that made you happy, every day for a year, then open the jar and read about all the amazing things that happened!

No more New Year's resolutions. I discovered something better. Intentions.

What do you intend for this year?

No matter who is president, no matter how your baseball, basketball or football play etc. I intend to be happy. Decide no matter what you want to be happy.

The happiness jar can help you to focus on and collect one happy moment every single day. You probably can't be happy all day, but you can be happy for at least a moment every day, even on the most miserable days.

Each day write down something that made you happy every day for a year, then open the jar and read about all the amazing things that happened.

Whenever you start your happiness jar, open it next day next year. It does work. It's not too late to start a jar for this year. It's interesting to see what life hands you when your heart is open to happiness. You may wonder how can I be happy all the time? It beats the alternative. Plus, the sun shines equally on us all.

It's always shining, even when clouds or rain or sleet or snow blocks us from feeling it.

So what will be in your happiness jar when you open it? Get set to bring on the happy for 2018. Start now to write down your happy moment today!

WHAT IS SUCCESS?

Success is speaking words of praise, In cheering other people's ways, In doing just the best you can, with every task and every plan. It's silence when your words will hurt, Politeness when your neighbor's curt, It's deafness when the scandal flows, and sympathy with others' woes., It's loyalty when duty calls, It's courage when disaster falls, It's patience when the hours are long, It's found in laughter and in song, It's in the silent time of prayer, in happiness and in despair, In all of life and nothing less, We find the thing we call success.

Author Unknown but Appreciated

The 4 Aspects of Love

The teachings on love given by the Buddha are clear, scientific, and applicable...Love, compassion, joy, and equanimity are the very nature of an enlightened person. They are the four aspects of true love within ourselves and within everyone and everything.

Thich Nhat Hahn



The New Year 2018...

As we begin the next chapter in our lives:

Live with an open heart!

Be vulnerable and aware of your imperfections!

Connect with others!

Remember those who are struggling!

Compliment someone!

Savor life!

Try a new hobby!

Listen patiently to others.!

Stop trying to be perfect!

Be grateful in difficult situations, not for them!

Face your fears and work to conquer them!

Have a growth mindset!

Do the most important task first each day!

Notice judgmental thoughts!

Rejoice in another's joy!

Take a deep breath every few hours!

Find a new way to nurture your creativity!

Notice something new!

Say thank you!

Be kind!

Tell someone you appreciate them !

Namaste!

Editor

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The Road of Life

The road of life—a new year is an opportunity to pause on our road of life. We can look back and see where we have been, notice how far we have come, and refresh our dreams and hopes as we set out once more on the journey of a New Year!

You are never too old to set another goal or dream a new dream. C.S.Lewis

I vividly remember when I was so much younger, it seemed that every week I was going somewhere to have fun. I am certain that you can relate and remember that time in your life also.

Now in my eighties, it seems every few months I hear about a friend's death or am talking with a same-aged friend about aches and pains, medications etc. It is slightly overwhelming to deal with the current challenges around getting older as well as thinking about the potential future health challenges that might lie ahead.

As I ponder about all of this, I can only concede that we should look at today and the present moment with appreciation no matter what we're going through and what we consider to be life's central theme right now. Rather than thinking about how tough life might be, make the most of today as you never really know what tomorrow might bring.

I believe there is always a silver lining in every situation. As I focus my attention away from the negative and try to find the positive in my day, I'm surrounded by the love, concern and care of my friends, and for this I am deeply grateful. No matter how old I get I can appreciate I have been doing my very best to be kind and thoughtful of others.

As a reminder during challenging times I turn to an affirmation: "All is well. Everything is working out for my highest good and from my situation only good will come."

A NEW YEAR BRINGS NEW BEGINNINGS...As the New Year starts and the old year ends there's no better time to make amends for all the things we sincerely regret and wish in our hearts we could somehow forget. We all make mistakes, for it's human to err, but no one need ever give up in despair. For God gives us all a brand-new beginning, a chance to start over and repent of our sinning. And when God forgives us we, too must forgive and resolve to do better each day that we live by constantly trying to be like Him more nearly and to trust in His wisdom and love Him more dearly assured that we're never out of His care and we're always welcome to Him in prayer.

Changing Focus for A Happy New Year...

Change the focus onto what you want rather than continue to regret what you want to change. This can give you the extra boost that you need to enjoy life more. Give yourself the gift of paying attention to your thoughts and emotions. They are always there to help you discover and understand what is working and what isn't working in your life. If you pay attention and use the power of your own thoughts, you can create whatever you want.

NEW YEAR WISHES...

*Happy New Year to you. Wish this year brings you the warmth of love and illuminates your path of life towards a positive direction.

*This New Year I wish that God showers you with His choicest Blessings, Fate never takes you for a bumpy ride, Cupid strikes you with its sweetest arrow, Lady Luck bestows upon you health and wealth, your Guardian Angel keeps your mind alert and bright.

*May this year of 2018 be: a year of health and happiness, a year of wealth and wisdom, a year of peace and prosperity, a year of glee and glow. And also a year of love and laughter.

*Approach the New Year with resolve to find the opportunities hidden in each new day.