



JOHN MELNICK

"Happiness"



Dear Tammy,

I wish all of you a Happy Spring.

I have found an article on the web which has the following insights into helping us find "**Happiness**", especially in troubled times.

- 1. Down days are completely normal, and not something you should feel guilty about having.**
- 2. When you are at your lowest point, you are open to the greatest positive change.**
- 3. There is a huge difference between giving up and moving on.**
- 4. Life rarely turns out exactly the way you want it to, but you still have an opportunity to make it great.**
- 5. Most people ask for happiness on condition, but long-term happiness can only be felt if you don't set conditions.**
- 6. Too often, we carry around things from our past that hurt us.**
- 7. You can choose to view things differently. Pick one part of your life that you are unhappy with and look at it from a different point of view.**
- 8. Once you embrace unpleasant news, not as a negative but as evidence of a need for positive change, you're learning from it and growing.**
- 9. When your flaws are stitched together with good intentions, your flaws make you beautiful.**

10. **You have the ability to heal yourself.**

11. **There's a lot of life left to be lived.**

12. **You are a work in progress; which means you get there a little at a time, not all at once.**

For more details , click on this link :

[HAPPY THOUGHTS FOR TROUBLED TIMES](#)

Thanks to "Marc and Angel Hack Life" for posting this.



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