



Words for Happiness

“Don’t wait for a light to appear at the end of the tunnel, stride down there....and light the bloody thing yourself”.

– Sara Henderson

“Laughter is a powerful way to tap positive emotions”. – Norman Cousins

“We are constituted so that simple acts of kindness or expressing gratitude, have a positive effect on our long-term moods. The key to the happy life, it seems, is the good life: a life with sustained relationships, challenging work, and connections to community”. – Paul Bloom

“Act as if what you do makes a difference. It does.” – William James

“I don’t sing because I am happy, I am happy because I sing”. – William James

“Action may not bring happiness, but there is no happiness without action”. – William James

“My experience is what I agree to attend to”. – William James

“Use pain as a stepping stone, not a camp ground”. – Alan Cohen

“A goal without a plan is just a wish”. – Antoine de Saint-Exupery

“In times of crisis, people reach for meaning. Meaning is strength. Our survival may depend on our seeking it and finding it”. – Dawna Markova

“Life is not about waiting for the storm to pass...it’s about learning to dance in the rain”. – Unknown

“Life is without meaning. You bring the meaning to it. The meaning of life is what you ascribe to it. Being alive is the meaning”. – Joseph Campbell

“Happiness cannot be traveled to, owned, earned, worn, or consumed. Happiness is the spiritual experience of living with love, grace, and gratitude”. – Melody Beattie

“Gratitude unlocks the fullness of life. It turns what we have into enough and more. It turns denial into acceptance, chaos into order, and confusion into clarify. It can turn a meal into a feast, a house into a home, a stranger into a friend”. – Melody Beattie

“Gratitude makes sense of our past, bring peace for today, and it creates a vision for tomorrow”. – Melody Beattie

“When I started counting my blessings, my whole life turned around”. – Willie Nelson

“Better to lose count while naming your blessings than to lose your blessings to counting your troubles”. – Maltbie D. Babcock