



## **10-Tips for Happiness Journal**

*Use these 10 tips to journal about, to help transform your mood.*

Happiness is the secret to all beauty. There is no beauty without happiness.  
- Christian Dior



Happiness comes from within and is found in the present moment by making peace with the past and looking forward to the future.



The key to happiness is letting each situation be what it is instead of what you think it should be.



The secret of being happy is accepting where you are in life and making the most out of every day.



Happiness often sneaks in through a door you didn't know you left open. -  
John Barrymore



Don't put the key to your happiness in someone else's pocket



We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather recognizing & appreciating what we do have - Frederick Koenig



Happiness is not a goal; it is a by-product. -Eleanor Roosevelt





For every minute you are angry you lose sixty seconds of happiness.



Happiness is not the absence of problems, it's the ability to deal with them. -  
Steve Maraboli

Want more happiness tips? Why not take the 30 Day Challenge at:

<http://eternalspiralbooks.com/courses/course/30-days-to-a-happier-you-challenge/> You'll be glad you did!