

## Happy People Are (Always and Only!)

Everyone has personal *examples* of what does and does not make for happiness – found by trial and error. Better than trial and error, hit and miss, however, is to look at ourselves (and observe in others) to see what makes us happy. Is there anything we can do (any discipline we can exercise) to affect happiness? Or are we just at the mercy of circumstances?

Yes, there is a discipline that inevitably results in happiness!

\_\_\_\_\_ people are happy people and happy people are  
\_\_\_\_\_ people

\_\_\_\_\_

(Answer below – after you have a minute to think about it.)

Thankful people are happy people!  
Happy people are thankful people!

The difference between a "What a beautiful day" and "Bah Humbug!" attitude? Not just disposition or temperament, but the LEARNED discipline of being THANKFUL AND GRATEFUL – who hasn't been frustrated with we see someone who should be (but is not) grateful or thankful?

The answer to happiness is easy and obvious – but profound. Profound because it is a discipline we can learn and improve to significantly enhance our happiness!

BUT, being blessed will not make someone happy  
UNLESS

they recognize the blessing  
and are THANKFUL for it.

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Thankful/Grateful people are happy people!

Thankfulness/Gratefulness is a learned discipline.

We should consider and learn how to be thankful and practice this.

PS – A note to Christians: One (if not the greatest) benefit of reading the *Bible* is reminding the reader how blessed they are!

The Bible reminds us MANY times (and in many ways): "Give thanks to the LORD for . . ."

Thankful and grateful people are happy people!

Practice and cultivate the discipline of Thankfulness!

Ungrateful people are unhappy people and unhappy people are ungrateful people.

just as

Thankful people are happy people and happy people are thankful people.

As they say: "You can take this to the bank!"